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Dave Bautista
Photograph by Per Bernal



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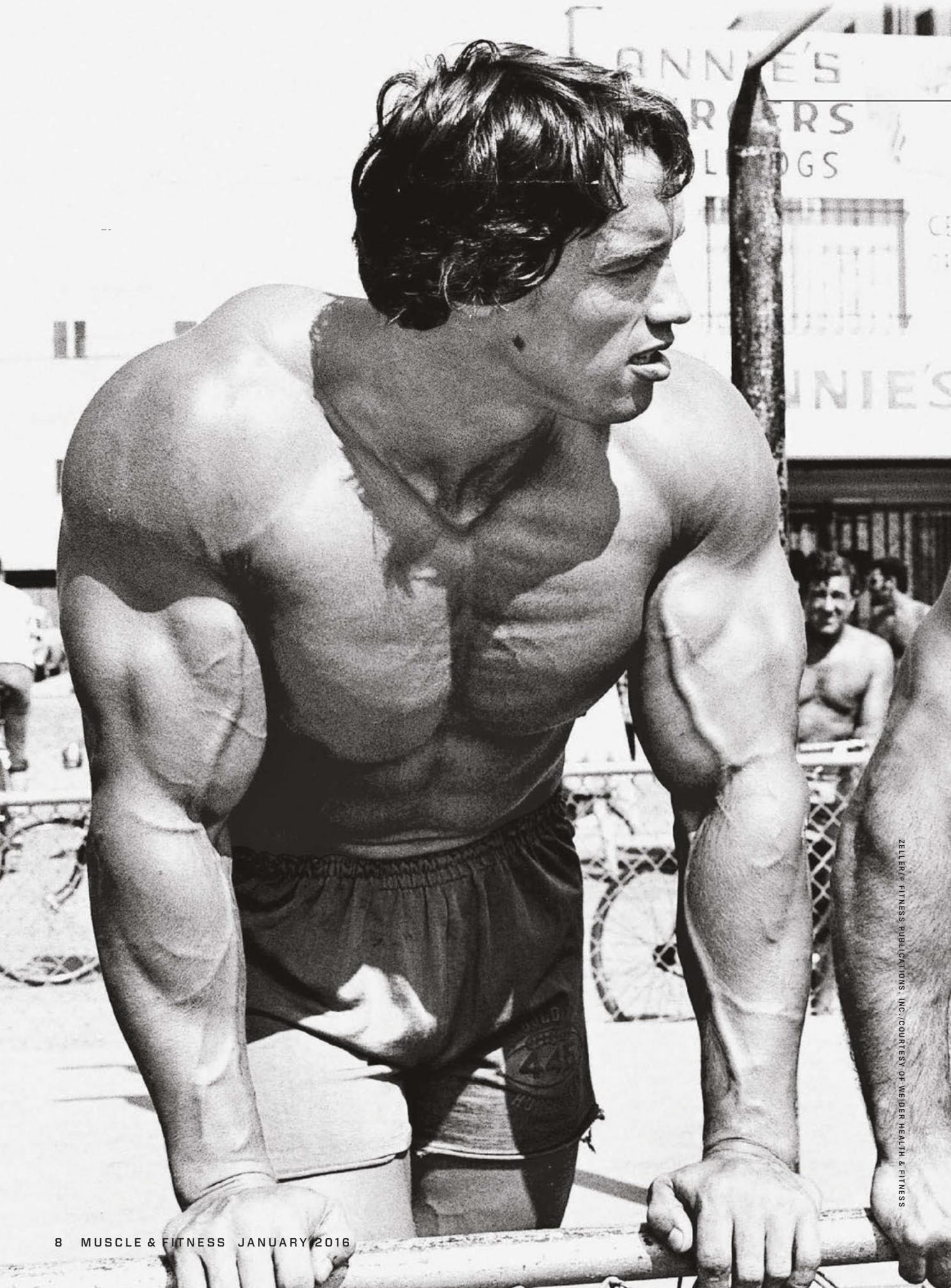
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Iron Brotherhood

Training partners make the best friends.

Q

Are you still friends with the bodybuilders you trained with decades ago?

—SEAN O., VIA FACEBOOK

A: **WITHOUT A DOUBT.** The friends I made along the way in bodybuilding are some of the best and longest-lasting relationships in my life. Frank Zane, Bill Grant, and Ed Corney always have carte blanche when they set up their booths at my Arnold Sports Festival. And Franco Columbu, whom I trained with, did masonry work with, and starred in movies with, remains my closest friend of all—we still play chess together nearly every weekend.

Last July, paparazzi took some shots of Lou Ferrigno and me training in Gold's Gym together. We weren't there for a photo op—we were just two old buddies who wanted to get a workout in. In November, I helped Lou celebrate his 64th birthday.

Most friendships aren't based on competition; they're formed over common interests. But body-building friendships have both. People who train together form bonds not unlike soldiers who are forced to share a foxhole. They help each other through adversity and share both triumphs and defeats. They push each other to be better and check each other's egos. If you're not satisfied with the friends in your life, find someone to go to the gym with. Maybe in another 40 years, they'll be taking pictures of the two of you still training together.

Yours in Iron,

Arnold Schwarzenegger

FROM THE EDITOR

FOLLOW SHAWN
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REUNION
Shawn Perine wrote
a FLEX cover story on
Bautista 10 years ago.

Quiet Strength

"**I DIDN'T KNOW** you'd be here," remarked Dave Bautista upon seeing me approach him at Powerhouse Gym in Tampa, Florida. "You've come a long way since we first met." Of course, I could say the same thing about him.

Back in early 2005, I was a writer at FLEX magazine and had been assigned the April cover story on breakout WWE Superstar Bautista. I remember two things about my first meeting with the 193-cm juggernaut at Angel City Fitness in Marina Del Rey, California: one, his imposing presence, and two, the reserved demeanour it masked.

A decade later, the story remains the same. With his black locks now shorn and sporting a few more tattoos, Dave Bautista is no less physically intimidating than he was that chilly

January day in 2005—maybe even more so—and just as introspective. As Dave patiently went through the paces of a long, hot day of shooting for this issue, as he cited his innate shyness and quoted Shakespeare, I thought about how he's not just the perfect *Muscle & Fitness* cover guy, but also how he is the perfect role model for a new generation of readers who are just discovering this magazine.

I'm proud to feature Dave Bautista on our January cover, as much for his commitment to the *Muscle & Fitness* lifestyle, as for his serving as a living example of the expression "quiet strength." At a time when so many compete for our attention by being ever louder and brasher, it's refreshing to find someone who has stepped into the

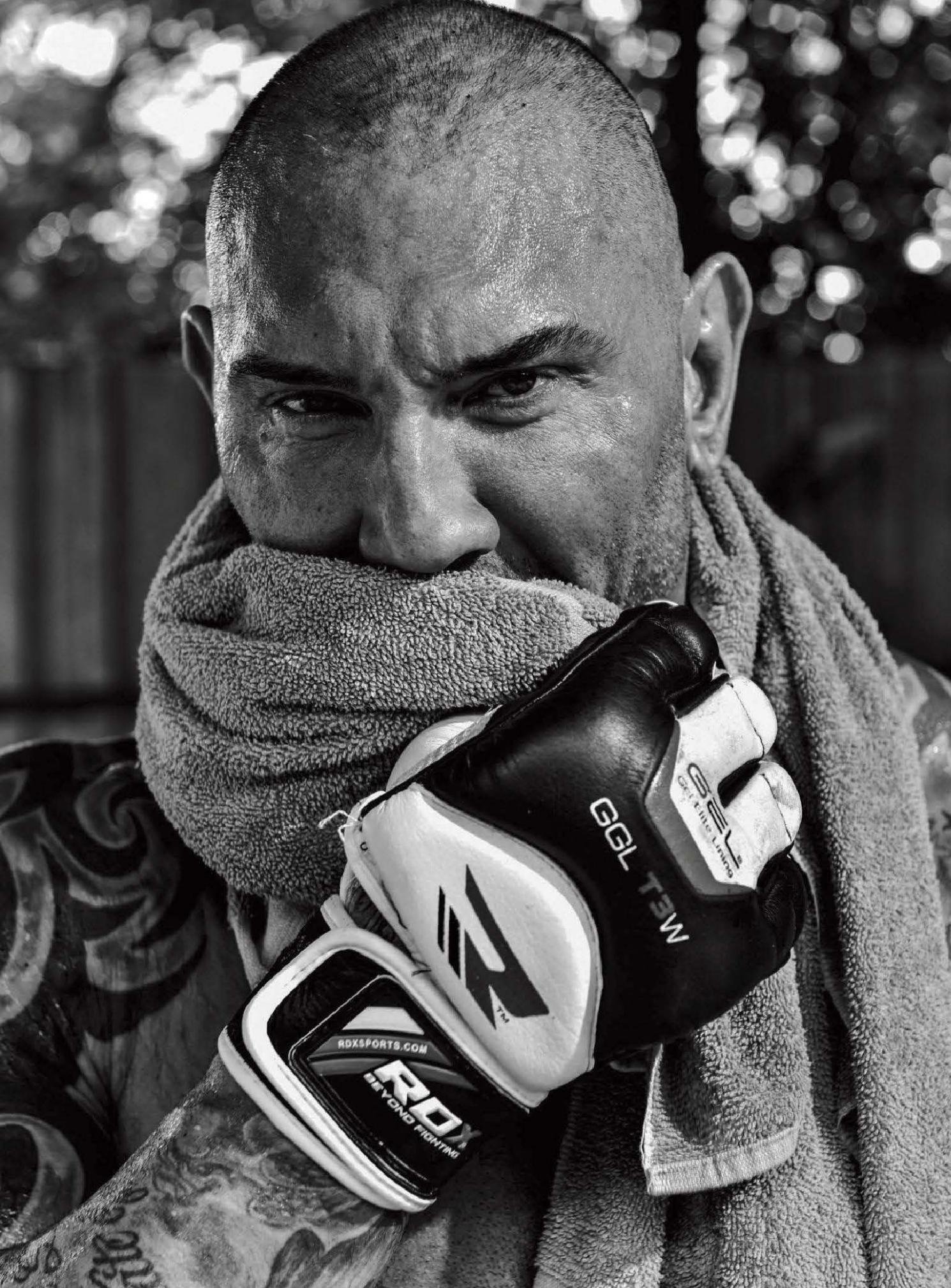
DAVE BAUTISTA
proves that real power
comes from within.

spotlight by way of focus, hard work, and a truly winning personality. For all of Dave's obvious physical fortitude, it's what lies beneath the surface that makes him a powerhouse.

Be sure to check out Sean Hyson's excellent story on Dave, along with amazing photos by Per Bernal in this month's feature. And, if you haven't already seen his latest film, *Spectre*, enjoy Dave as the latest, and quite possibly most villainous, James Bond baddie yet, Mr. Hinx.

More Power to You,

Shawn Perine
Editor in Chief





BULK FOR SEX

■ Good news for M&F readers: A bigger, bulkier frame translates into a more active sex life, a new study published in *Evolutionary Psychology* found.

The study covered more than 60,000 heterosexual men and women and asked for the height, weight, and number of sex partners they've had. There was little difference across the height range for number of partners (except for supershort guys, sorry), but those with a body mass in the middle—normal and overweight—reported getting the most action. But as we all know, the BMI guidelines don't necessarily relate to the real world, especially for lifters, but the researchers said that men who appear bigger and more powerful reported more sexual experiences.

SNOOZE FOR HEALTH

■ For those of you who think you can skip sleep and still make serious gains, think again. A new study published in *Sleep* found that consistently getting less than six hours of sleep per night can cause fat gain, high cholesterol, and high blood sugar. Developing metabolic syndrome, which is what the culmination of those indicators is called, will also up your risk for diabetes, heart disease, and stroke.



FAT IS DEPRESSING

■ M&F has never said not to eat fat, just to keep it to no more than 30% of your total caloric intake. Fat is an important part of cell signaling, immune function, and energy regulation. A high-fat diet, however, can lead to heart attacks and stroke, and a recent study in the *British Journal of Pharmacology* found that it may also lead to anxiety and depression. The increased body weight and high blood sugar that results from a fatty diet affect metabolism, which leads to changes in the brain.



STRONG WORDS

"IT IS HEALTH THAT IS THE REAL WEALTH AND NOT PIECES OF GOLD AND SILVER."

■ Mahatma Gandhi



IRON MANLY APPETITES

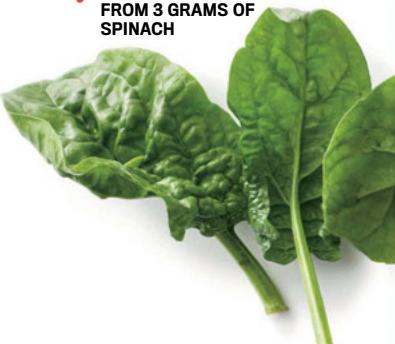
Getting enough iron is crucial for proper growth and development, but new research shows that too much iron can actually suppress leptin, the hormone that regulates appetite. The daily value for iron is 18 milligrams a day for men, so stick to that recommendation to help.

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CRAVING QUESO

It might be time to stop saying "cheese," a recent report from the University of Michigan found. Researchers ran 500 students through the Yale Food Addiction Scale, which is designed to test whether you are addicted to a certain food, and found that pizza (not surprisingly) topped the list of most addictive. The main reason is the cheese, since it's a processed and fatty food and most associated with addictive eating behaviors. Cheese also contains casein, which releases opiates called casomorphins during digestion—they can affect our dopamine receptors, leading to addictive behaviors.



"IF I PUT INFERIOR FOODS IN MY BODY TODAY, I'M GOING TO BE INFERIOR TOMORROW, IT'S THAT SIMPLE."

■ Jack LaLanne

SUPER TOMATOES TO THE RESCUE!

Tomatoes are an essential part of a healthy diet—they are chock-full of phytonutrients like lycopene and beta-carotene and have high levels of vitamins C and K. Scientists from the John Innes Centre in the U.K. have figured out how to pack even more supernutrients into the red fruits by adding a protein that makes the tomato

go into overtime producing a class of polyphenols (or antioxidants) called phenylpropanoids. These compounds, which are similar to resveratrol, have been shown to help prevent cancer and heart disease. They got the engineered tomatoes to pump out the same amount of polyphenols in 50 bottles of red wine—cheers to that.



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Go online for more exclusive video and content from our cover shoot with Dave Bautista and our very own Editor-in-Chief, Shawn Perine.

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A WHOLE OTHER “ANIMAL”

Spectre star **Dave Bautista** has triumphed in sports entertainment and mixed martial arts. Now he wants to pin Hollywood typecasting to the mat.





BY SEAN HYSON ///
PHOTOGRAPHS BY PER BERNAL

BAUTISTA



A PUNCHER'S CHANCE After leaving WWE (below) Bautista transitioned to MMA—and still trains Muay Thai for fitness.



AT 193 CM AND 120 KG, DAVE BAUTISTA

seems like an unlikely choice to play Hamlet. The mural of tattoos down his barn-door-size back and the road map of veins running through his shoulders and arms suggest a dude who can bench-press more than four plates, win six world titles in WWE, and beat a man into submission inside a mixed-martial-arts cage. And, of course, Bautista has done all of the above. But if you think the man known to sports-entertainment fans as “the Animal” can’t put a beating on somebody then entertain you with a sonnet, you’re selling Bautista short.

Don't do that again.



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TAMPA, FLORIDA





The villain of the new James Bond film, *Spectre*, now has movie stardom in his sights and a stage production of Shakespeare on his bucket list.

An Unlikely Thespian

It's especially funny to think of Bautista's long-term ambition in contrast to his humble upbringing, which was as far from puffy shirts, frilly necklines, and Elizabethan English as one could get. Raised in a tough section of Washington, D.C., Bautista sought protection through weight training. He bulked up to 168 kg and worked as a bouncer until, at age 30, he decided to take a shot at sports entertainment. Despite a successful run in WWE, Bautista was unhappy with the direction the business was headed (away from the "Attitude Era" to a more family-friendly product) and, in 2010, left to pursue acting.

"I did some work on a film for

a friend," he says, "and I realized what a horrible actor I was." The movie, *Wrong Side of Town*, was directed by one of Bautista's buddies, who thought he had the look to pull off the character of a Navy SEAL badass. "I was so embarrassed, but it made me want to do it again and do it better."

He hired an acting coach and hit the streets of Hollywood, eager to establish a full-time film career. "I had a lot of trouble when I started out acting because I'm very self-conscious and a naturally shy person. But [my coach] said, 'If you can do Shakespeare, you can do anything,' so we read scenes from *Measure for Measure* and *The Taming of the Shrew*. Stage acting in itself terrifies me, and Shakespeare's dialogue is so tricky. To me, doing it onstage would be the ultimate challenge."

The other challenge besides shyness, of course, was having the body of a mythic warrior, which

THE HINX JINX Bautista plays henchman Mr. Hinx in *Spectre*.



I STRUGGLED FOR YEARS BECAUSE I DIDN'T LEAVE WRESTLING TO GET STUCK IN THAT RUT OF THE CHEESY ACTION GUY.

didn't automatically suit him to Shakespearean roles or anything else—except generic tough-guy and villain parts in B movies.

"There were a lot of roles that I turned down," Bautista says, "and I struggled for years because I didn't leave wrestling to get stuck in that rut of the cheesy action guy."

He made an earnest effort to shed some weight and look like a regular

guy, but no dice. "I refused to pick up a weight for years and dieted and did cardio. I starved myself down to 114," he says with a laugh. That's as low as he could get without being perpetually hungry and miserable. "I'm just a big person with big bones, and I've been lifting for 25 years. I'm just a gorilla!"

If his physique wasn't enough of a handicap, his résumé made mat-

ters worse. Although WWE fans know full well that pro wrestlers can dissolve into character, that kind of acting didn't carry any weight in the movie business. The fact that he had already earned a measure of fame through wrestling without having endured a formal education in theatre only served to breed resentment against him.

"I had to convince people that I was serious about acting and not just a wrestler who wanted to be in movies and be famous and make a lot of money," he says. "I've always been a fan of films. I watch all types of films, all across the board."

While Bautista waited for a big break, he briefly pursued another ambition—and a chance to break the stereotype of being a "fake" fighter. In 2012, he competed in a professional MMA fight. After a slow start that found him eating several big punches, he managed to take his opponent down and rain down strikes from back mount to earn a stoppage before the end of the first round.

"I was so disappointed in my first fight that I really wanted a second one," he says. "But at this point in my life and career, that makes absolutely no sense. I was more disappointed in myself because I was so nervous. I just kind of froze up. As soon as the cage door closed, I thought, 'What the fuck am I doing here?'" Nevertheless, he earned street cred with fans and haters alike, proving that he didn't need a story line to win a fight.

Guardian of His Galaxy

It took years before Bautista found an agent. "The one I have now turned me down three times," he says. "And the reason he finally accepted me as a client was because he liked me as a person. And the reason he liked me was because he represented a friend of mine, [mixed-martial-arts fighter] Cung

I WAS SO DISAPPOINTED IN MY FIRST FIGHT THAT I WANTED A SECOND ONE...AS SOON AS THE CAGE DOOR CLOSED, I THOUGHT, 'WHAT THE FUCK AM I DOING?'



SPEED RACER Seeking challenges outside the weight room, Bautista does less lifting these days. He has competed in a triathlon and has a purple belt in Brazilian jiu-jitsu (next page).





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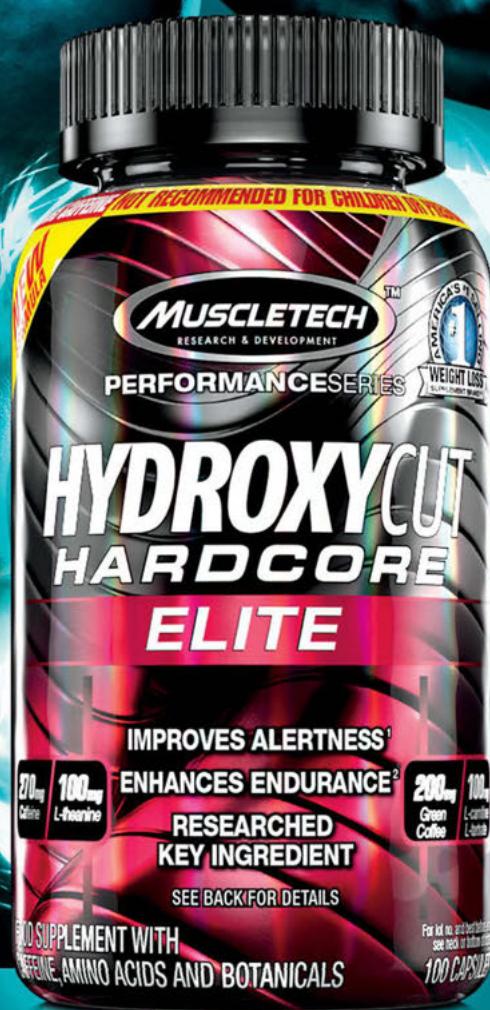


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Le, and I got to know him through Le. He called me one day and said, 'I have an audition for you, and it's a real long shot,' and that was *Guardians*. He was representing me for literally a week before I went in for *Guardians*.

In case the reference is lost on you (and if it is, where have you been hiding?), *Guardians of the Galaxy* was the nuclear box office explosion of summer 2014, earning more than \$774 million and garnering Bautista high praise from critics. He credits landing the life-changing role of Drax to the casting director who believed in him and says he "clicked" with the director after the first audition.

"I sat jobless waiting for the phone to ring until *Guardians* came out," he says. "I think everybody expected me to be a certain way in it, and I was the opposite. That's when people started calling me." In contrast with most Marvel comic heroes who have come to the big screen, Bautista's Drax is genuinely funny, sensitive, and vulnerable, showcasing the actor's own self-effacing personality.

Bautista vs. Bond

Bautista says the roles he's been offered since then are surprisingly varied and deep. Having shed the stigma of wrestler-turned-actor, he was confident he wouldn't have to play a thug again until he was offered a role in the latest installment of the James Bond series, *Spectre*.

"My agent called me and asked how I'd feel about being in a James Bond film, and my immediate reaction was, 'Fuck, yeah!' And he said, 'I figured, but I just wanted to double-check because it's a henchman role.' But I'm proud to say there are henchmen and then there are James Bond henchmen. The Bond ones are always iconic and memorable. And it's always more



fun to be the bad guy, to be honest."

Of his role as Mr. Hinx, Bautista says he's as deadly as any bad guy the series has ever produced but infused with Bautista's own brand of dry humour. "He doesn't take anything very seriously. He's kicking ass with a smile on his face. Nobody is a threat to him, so he doesn't follow any rules except his own. So what does he have to be pissed off about? Nothing. This is fun to him. He's playing a cat-and-mouse game and enjoying it."

Interestingly, when he first spoke with director Sam Mendes about the part, Mendes asked him to gain weight up to 123 kg or more. No problem. "But when the costume designers came to fit me and I was about 123, they said, 'Please don't put any more weight on,'" he says,

laughing. They were going to have a hard enough time fitting him as it was. Consequently, Bautista did little weight training during filming, opting mainly for body-weight squats and pushups in his trailer and hotel room and boxing training when he could get to a gym. Bautista laughs at the question of whether he appears shirtless in the film, replying that Hinx is so well-dressed we'll never even see him suitless. But if you fear that Bautista has left his physicality behind in the ring, you'll be happy to know that there are enough high-voltage fight scenes in *Spectre* to rival anything he did at *WrestleMania*'s past.

"Daniel Craig punched me in the nose during a fight scene, and he thought he broke it. My nose was squirting blood everywhere,

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SCENE STEALER
Bautista provided muscle—and unexpected comic relief—as fan favourite Drax in *Guardians of the Galaxy*.

BAUTISTA ON...

"The Animal" talks about his acting peers, his lunch box collection, and comparisons to The Rock.



CHRISTOPH WALTZ

[who plays Bond's chief nemesis in *Spectre*] "He's probably the most interesting actor I've ever watched work. He's almost hypnotic. You get wrapped up in the way he's delivering lines. But he's on his own time. The director would call action, and Waltz might wait a few minutes before one word comes out of his mouth. You're sitting there waiting for it, but nobody's going to argue because when he speaks it's brilliant."



LUNCH BOXES

[Bautista collects vintage ones as a hobby.]

"I got one three weeks ago, and it showed up crushed. It was a brand-new *Happy Days* lunch box from 1977. At least, it was new before the USPS got to it. I'm always adding to that collection. I recently got outbid for a 1954 Superman lunch box that ended up going for \$17,000."



DWAYNE "THE ROCK" JOHNSON

"He was a movie star before he was a movie star. You really feel it when he walks into a room. I'll never be him. We're just two guys with bald heads and muscles. Everything he does is larger than life, and everything I do is much more subtle. I can slip into a room without anybody noticing me. I don't think I'll ever command that much attention or as much money as he does [laughs]."

and I was like, 'No, man, it's all right.' We cleaned it up and kept shooting. Sam Mendes doesn't like to use doubles, so we did most of the stunts ourselves. It got very physical."

Perhaps best of all, Bautista says he had the respect of the cast and crew throughout the production (and not just because he could break them in half at will). Craig, who was familiar with Bautista from his work in *Guardians*, helped get him the part (at least that's what Bautista speculates), and he wasn't treated any differently from the movie veterans.

Upcoming films will also find Bautista, 46, acting alongside Robert De Niro, Bruce Willis, and Melissa McCarthy. He still hopes to return to WWE one day in the way Dwayne "The Rock" Johnson has done so sporadically, but Bautista has no immediate plans to rejoin it due to his packed filming schedule.

As for whether he is still too big for his britches—physique-wise—to be a leading man in movies, Bautista is far more concerned with doing good work in interesting roles than being No. 1 at the box office, and he vows to be true to himself above the needs of any director. He says that going the route of Christian Bale or 50 Cent and losing significant weight and muscle doesn't appeal to him.

"I don't know if I'm prepared or if it's even possible," he says. "I've gotten to where I was only eating protein and spinach all day and I was hungry all the time and I still couldn't really get myself to look like your average person. But I like training; I like being healthy. I don't want to be anorexic. If the role requires that, it's probably not the right role for me. I think resistance training will always be a part of my life. It's where I feel like I'm a fish back in water." **M&F**

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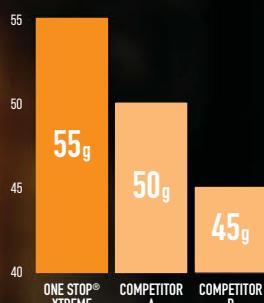
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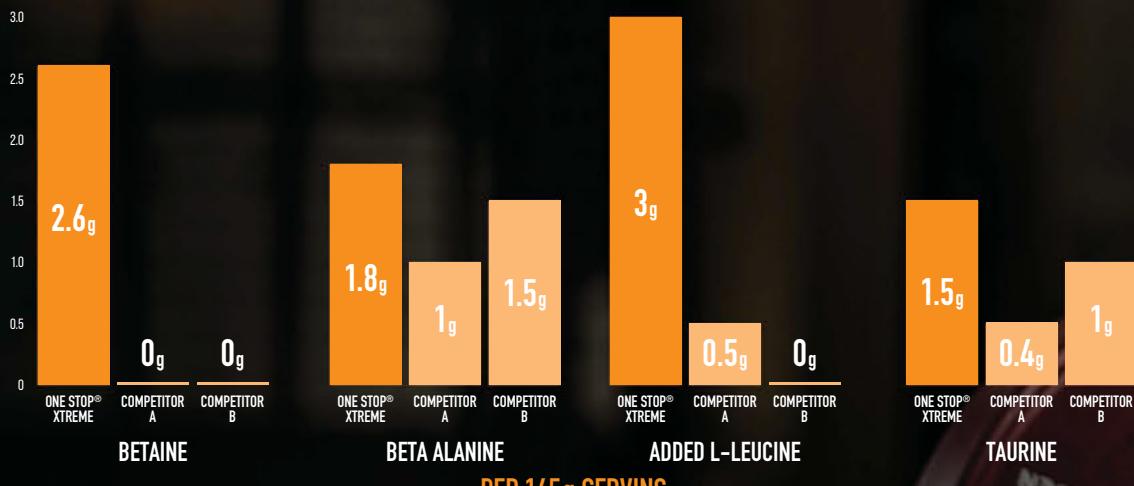
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9

WEEK SHRED

START THE YEAR BY FOLLOWING LEADING BRITISH TRAINER NEIL HILL'S NINE-WEEK PLAN TO GET IN YOUR BEST SHAPE EVER.

NEIL HILL is one of the world's leading transformation experts. A former professional bodybuilder, he now helps some of the world's best physique athletes get in competition shape. Welshman Flex Lewis, a four-time Olympia 212 lbs champion, is amongst his clients. I'm one of the many British guys embracing the new men's physique look, so I was delighted when Neil agreed to work with me to help me get shredded. His advice paid off when I won the UKBFF Cumbrian Classic in June. Neil and I agreed to collaborate on this feature exclusively for *Muscle&Fitness* to show readers what can be achieved in just a couple of months with solid advice and the right mindset. I describe the programme, based on Neil's methods and occasionally he chips in. Let me start by telling you, it's not going to be easy, but if you stick to the points that follow and commit 100 percent to nine weeks of clean living and hard training you will be in your best shape ever in time for spring. You will need...

BY ZAC FOTHERINGHAM • PHOTOGRAPHY BY CHRISTOPHER BAILEY

1 MENTAL FOCUS

Understand from the start that 100 per cent commitment is required. There can be no compromise on this. You have to be fully focused for the entire nine weeks. "The winning mindset means 100 per cent consistency with your training, diet, and supplementation," says Neil.

There will be times when this tests you. For example, on a Saturday night when your friends knock on the door ready for a night out. It would be easy to forget what you've promised to do, but nursing a hangover could set you back a few days.

Saying, "No thanks, I've got to rest and prepare tomorrow's meals" sounds boring, but you only have nine weekends of it, so bite the bullet and see it out. You'll be glad you did. Don't get to the end of the nine weeks full of "what ifs." Nobody who gave 100 per cent regretted it.

2 A SOLID TRAINING PLAN

Going into the gym without a plan isn't going to bring your physique to peak condition. You need structure. Neil created a programme called Y3T, which he introduced me to. I tried many training protocols, but I have never looked back since I adopted Y3T.

It's a three-dimensional training system that hits all muscle fibre types by cycling tempo, reps, and rest periods over three-week periods so it

doesn't get monotonous, which can be a major factor in sticking to a plan.

"I founded Y3T a number of years ago as a means to work through injuries I was consistently picking up," says Neil. "It was then that I realised not only did periodisation with moderate and high reps help reduce the risk of injury, it also allowed for faster results in relation to building muscle."

"Having studied hypertrophy for almost three decades, I've found that Y3T helps induce both sarcoplasmic and myofibrillar hypertrophy because of its unique format. It targets specific energy systems and motor units, which then recruit specific muscle fibre populations. I really feel it's the ultimate muscle building formula today."

3 A BASIC UNDERSTANDING OF NUTRITION

You can throw iron around all day and do as much cardio as you like, but without the correct nutrients, your muscles won't grow. Here are a few things to consider when designing your plan.

Getting your macros right is key. Eating plans vary between individuals, but the following basic daily plan is a good starting point. Once you have set your macros, monitor your first week to see how the body reacts then make changes accordingly. If you're not losing weight, decrease calories from carbs or add some cardio.

PROTEIN 1g per lbs of bodyweight

CARBS 1g per lbs of bodyweight

FATS 0.5 g per lbs of bodyweight

"If you aren't committed to your diet, then don't even bother starting a transformation," says Neil. "Nutrition is absolutely crucial to your goals because it's the backbone of your results, i.e. fuelling the body to perform correctly, facilitating recovery then growth."

"The correct diet will allow you to benefit from maximised hormonal output as well, so make sure you have your mind together when it comes to your diet. No excuses."

ABOUT THE AUTHOR

NAME Zac Fotheringham

AGE 30

BORN Weston-Super-Mare, Somerset

LIVES Coventry

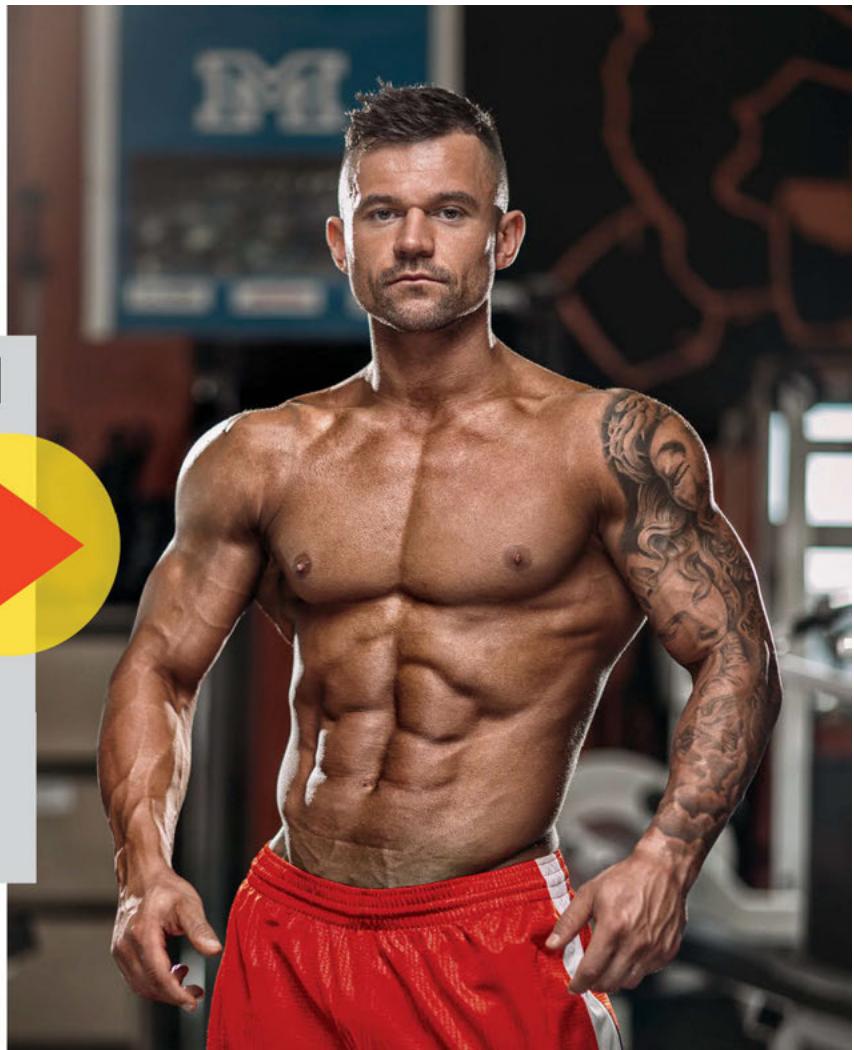
HEIGHT 188 cm / 6 ft 2 ins

WEIGHT 97 kg / 214 lbs

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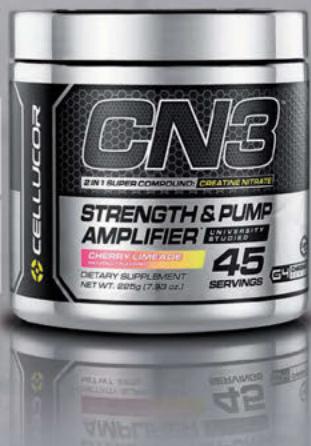
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THE PROGRAMME

This is the split I used in the run-up to winning the Cumbrian Classic.

MONDAY	Back & Hamstrings
TUESDAY	Chest & Calves
WEDNESDAY	Biceps & Triceps
THURSDAY	Rest
FRIDAY	Quadriceps
SATURDAY	Shoulders & Abs
SUNDAY	Rest

Having at least two rest days a week has two major benefits when you're in a calorie deficit and trying to get lean. They are: 1. It gives muscle tissue time to repair and recover; 2. It gives your metabolism a break from the grueling workouts. Maintain this split throughout the nine weeks.

SETS AND REPS

Do the number of sets for each body part described in this table. After week 3, start again and ditto after week 6.

MUSCLE	WEEK 1	WEEK 2	WEEK 3
Quads	12	10	6
Hamstrings	9	6	4
Calves	9	6	4
Chest	12	10	6
Back	12	10	6
Shoulders	12	10	6
Triceps	9	6	4
Biceps	9	6	4

As for reps, rest periods and tempo follow this:

WEEK 1 Do 8-12 reps with 60 seconds rest between sets.

Focus on the concentric phase of lift, which is when the muscle lengthens and allow 4 seconds for this part of the move.

WEEK 2 Do 14-18 reps with 60-90 seconds rest between sets.

Focus on the eccentric phase of the lift, which is when the muscle shortens then squeeze the muscle at the midpoint to get isometric tension.

WEEK 3 Do 45-80 reps with 90-120 seconds rest between sets.

There is no specific tempo. Focus on maintaining form and get plenty of time under tension. When you struggle to complete a set, use the rest-pause method by allowing six seconds recovery then keep pushing until you

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**YOU NEED TO MONITOR
YOUR MEASUREMENTS...
SCALE WEIGHT DOESN'T
TELL THE FULL STORY.**

hit the rep range. You can also incorporate giant sets, drop sets and supersets if you like.

HOW MUCH CARDIO?

This is a question I frequently get asked and I always reply: "As little as possible." Use cardio only when needed. Nine times out of 10, your weight will come down during the first couple of weeks without having to step on a treadmill.

You need to monitor not only your weight but also your measurements every few days because scale weight doesn't tell the full story. Sometimes it stays the same and you'll be tempted to go into a melt-down and start performing hours of cardio. Before you do, check your measurements, especially your waist. If it's reducing, chances are your body fat levels are, too.

It's likely you will need to do some cardio but as mentioned, don't overdo it. "A lot of people do too much cardio too soon and leave themselves no room for progression," says Neil. "I like to start small and progress from there. The more room you have for manoeuvre when you hit a sticking point, the better."

Both low intensity steady state (LISS) and high intensity interval training (HIIT) have merit. But remember, lifting is essentially HIIT and throwing that in as cardio from the start can be taxing on the body, so start with LISS and do HIIT later if required. Remember, when you do cardio, do it right. Don't stroll along; walk fast!

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MY FAVOURITE WORKOUT

It has to be the back workout I use in week 1. The four-second negatives are brutal and the pump is unreal. The rep range is a standard 8-12 but don't let this fool you: 12 reps with a four-second negative providing constant tension is going to take you to a whole new world of pain and burn.

- 8-12 reps per set
- 60 second rest between sets
- 4:1:1 tempo
- 4 warm-up sets (use a reasonable weight but never go to failure; 6-8 reps is enough)
- 3 sets of lateral pull downs
- 3 sets of low pulley cable rows
- 3 sets of bent-over barbell rows
- 3 sets of seated assisted wide rows

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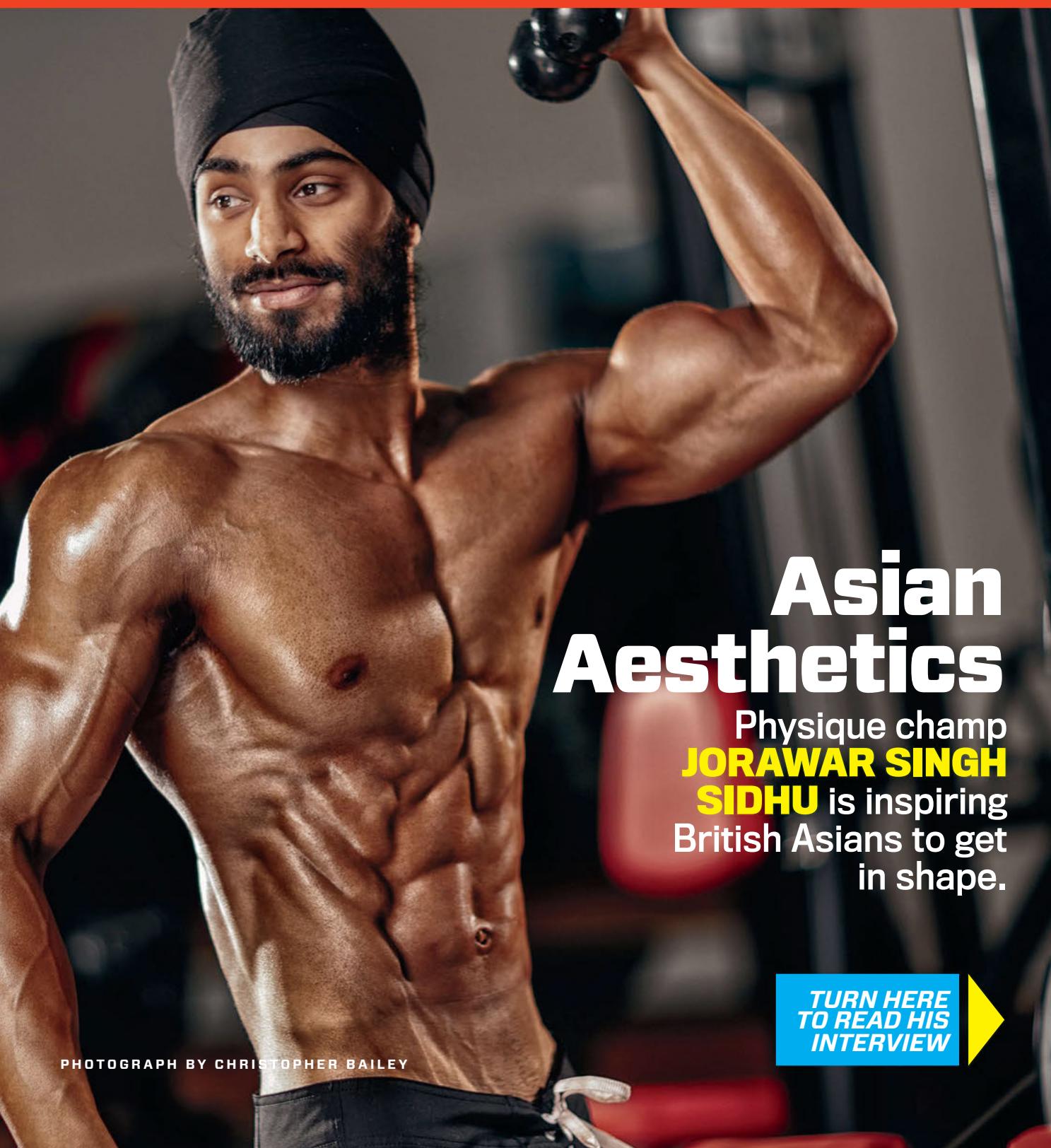


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EXPERT

ADVICE ON TRAINING, NUTRITION AND SUPPLEMENTATION FROM TOP ATHLETES AND FITNESS PROFESSIONALS



Asian Aesthetics

Physique champ
JORAWAR SINGH SIDHU is inspiring British Asians to get in shape.

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INTERVIEW

PHOTOGRAPH BY CHRISTOPHER BAILEY

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Sikh Inspiration

British junior men's physique champion JORAWAR SINGH SIDHU hopes to motivate other Sikhs and Asians.

BY JOHN PLUMMER

FEW MEN MADE MORE IMPACT at last year's UKBFF British Championships than **JORAWAR SINGH SIDHU**: not only for winning the junior men's physique category with a midsection that looked carved of steel, but also because he was the first Asian to become a national men's physique champion.

Muscle & Fitness: Why and when did you get into weight training?

When I was about eight years old, I used to see my dad weightlift at home. From then on, I wanted to do the same when I was older. When I was about 14 or 15 I started to use my dad's rusty old bench press and weights until I outgrew them. I really wanted to join the gym, but I was too young. I found a way to get around this: I realised the staff at the gym never asked for proof of age when you used a guest pass and this worked!

How did this lead to competing?

I wanted to take my training and fitness to another level, so when I was about 21 I started researching tips on fitness and healthy foods and I came across UKBFF competitions. After watching the videos, my ambition was to compete one day as I felt there was underrepresentation of British Sikhs and Asians in general in the fitness industry.

Why are there so few Sikhs and Asians competing in physique contests?

It may be because of the stigma attached to wearing a turban and the thought that this will set you back, but this isn't true. I took part in my first ever competition last year in Fit Factor 2014, where I placed 9th out of 100-plus competitors. Most recently, I placed first in junior men's physique at the UKBFF Midlands qualifier, then first again at the British finals. This has given me confidence and I feel it has definitely encouraged others to do the same.

What can be done to tackle the stigma?

I think it is already changing, as there have been more Asian competitors this year than before. This in itself is raising awareness and encouraging others.

What did it mean to win the British title?

It was a big achievement for me and it

means I am one step closer to attaining my overall goal and ambition. It has motivated me to be the best version of myself for future competitions.

How do you get such an insane midsection?

I work my abs and obliques almost everyday after morning cardio. I feel I am able to get better contraction and isolation in that area.

Describe your favourite abs workout.

I like doing a circuit that consists of four different exercises: two for abs and two for obliques, each exercise consisting of 20 reps. I repeat this circuit three times. My favourite exercise for abs is hanging leg raises, bringing your feet up to the bar. I feel this works the entire midsection better than any other exercise. I do this as my first exercise in the circuit, as it requires the most energy.

What do you eat in a typical day pre-contest?

After my fasted cardio, I eat oats with whey protein and egg whites. Then the rest of my meals consist of turkey breast and green beans, as they don't make you feel bloated.

What cardio do you do?

Low intensity cardio, usually around 7 am to 8 am before work.

NAME
Jorawar Singh Sidhu
AGE
23
BIRTHPLACE
Ealing, West London
LIVES
Ealing, West London
HEIGHT
173 cm / 5 ft 8 ins
WEIGHT
75 kg / 165 lbs
AMBICTIONS
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"I WORK MY ABS AND OBLIQUES ALMOST EVERY DAY AFTER MORNING CARDIO."



Arnold's Champion

Essex girl
CARLY THORNTON
is blazing a trail in
women's physique
contests.

BY JOHN
PLUMMER

"I HATED ANY
FORM OF EXERCISE
UNTIL I WAS 21."

In September, **CARLY THORNTON** flew to Spain and won the women's physique division at the Arnold Classic Europe. She was the first British female to win an international title in this category, which is a less extreme alternative to bodybuilding. The following month, she won the British Championships to become Britain's first women's physique professional.

Muscle & Fitness: Have you always been athletic?

Carly Thornton: No, not at all. I started weight training when I was 21 years old but before that I hated any form of exercise. It's weird to think about that now because it's such a major part of my life.

What made you want to get so muscular?

When I first started training, all I wanted was a stomach like Britney Spears, then the more I got into it the more I loved the look. As the years have gone by, I have come to admire the more trained look of figure and women's physique athletes, who have feminine curves off-season and beautiful lines and symmetry when competing.

What's the ideal look for women's physique?

You only have to look at pictures of Juliana Malacarne, the reigning Ms. Olympia, to see what women's physique should look like. She's feminine and muscular and her symmetry and balance is amazing.

What reaction does your body get?

It depends if I'm off-season or in contest shape. I'm lucky as I hold fat in my glutes, so off-season I carry a curvy yet still quite lean look compared to the everyday person. Pre-contest, it's usually "Wow! You're ripped—how do I get like that?" or "Damn, your shoulders!"

I love it all, though, and wouldn't change a thing.

Describe a typical week's training.

In the run-up to my contests, I train six days a week, split as below:

DAY 1 Chest and shoulders

DAY 2 Legs

DAY 3 Back and calves

DAY 4 Gluteus and hamstrings

DAY 5 Shoulders

DAY 6 Back

I changed categories this year from figure to women's physique so my split will actually change now, as I need to be more muscular, so I will include more arm and chest work.

How many sets and reps do you do?

It varies. It can be anything from 6 reps to 50 reps. I incorporate heavy training and high reps into every session, including rest-pause sets, drop sets, supersets or just good old-fashioned heavy reps.

How do you get such big shoulders?

My shoulders were a weak area, so I trained them twice a week to bring them up.

What do you eat in a typical day?

I eat six meals—seven if you include my post-workout shake. My food mainly comes from rice, cream of rice, oats,

steak, chicken, turkey, nut butters, omega oils, Udo's oil and coconut oil.

How do you get so lean?

I diet for around 4-5 months and do everything very slowly with nutritional help from Marc Robinson of Cardiff Sports Nutrition. My boyfriend Luke also plays a huge part as he sees me daily and gives feedback to Marc on how I am looking as photos can be deceiving. We do everything slowly so I do not feel like I'm dieting and it's much healthier this way. Crash dieting sucks, especially the rebound after. Yep—been there, done that!

What's the best exercise for abs?

I don't overly train abs, but in pre-contest I mainly do the plank and leg raises.

NAME

Carly Thornton

AGE

34

BIRTHPLACE

Chelmsford, Essex

LIVES

Billericay, Essex

HEIGHT

165 cm / 5 ft 5 ins

WEIGHT

68 kg / 150 lbs

AMBITIONS

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EXPERT

BIKINI BODY



Fit Mum

British bikini pro Michelle Brannan on how she helped mother-of-five Lisa Duff get in sensational shape.

LISA DUFF is a 38-year-old mother of five children aged seven to 18. Many people in her shoes would find plenty of excuses not to train, but after watching a bikini fitness competition, Lisa decided she wanted to do it—not only as a personal goal, but also to prove to other mothers that they could look amazing.

Lisa works as a personal trainer, specialising in clients with disabilities. One of her main aims is to make them believe that anything is possible and she thought competing would spread this message. She joined my training team Showgirl Fitness to prepare for her first show.

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SHE DID
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It's almost impossible to believe Lisa Duff has five children and is approaching 40 years old.

TYPICAL DIET

Meal 1

50 g oats (dry weight) with water, 1 scoop of whey, a handful of berries, and 1 tsp coconut oil

Meal 2

130 g grilled chicken breast (cooked weight), mixed green vegetables, and 200 g brown rice (cooked weight)

Meal 3

130 g stir-fried turkey (cooked weight), 200 g wholemeal pasta (cooked weight), and tomato sauce

Meal 4

130 g grilled salmon or lean steak (cooked weight), green vegetables, and 150 g brown rice followed by 1 rice cake and a tablespoon of nut butter

Meal 5

250 g Quark low-fat soft cheese or Total Greek yoghurt 0% fat, a handful of berries, and 12 almonds

Post workout

1 scoop of whey protein, 1 banana, and 40 g oats (dry weight)

*Every 5 days, Lisa enjoyed either an off-plan meal or a carb re-feed.

NUTRITION

Lisa has a naturally fast metabolism, an active job, and busy home life, so staying slim is not a problem. However "slim" isn't the required look for bikini fitness: competitors need to present an athletic body with low body fat, so we needed to build muscle and lose fat.

I didn't cut Lisa's calories too much because she finds building muscle difficult. The key was to ensure that she ate enough of the right foods, in little quantities and often to ensure that she had sufficient calories to fuel her weight training while also stoking her metabolism.

Being a personal trainer, she

already had a fair idea of what she should be eating, but applying this knowledge to yourself is often more difficult than it is to a client. Many personal trainers experience this.

Lisa was so busy that at times she would go long periods without eating then eat too much of the wrong foods at night. This kind of eating habit can slow down the metabolism and lead to fat storage, so I changed her daily food intake to a high protein, high carb and moderate fat diet, split into 5 or 6 meals. Her average daily calorie intake was 2,500 and we didn't have to reduce this closer to competition. In fact, because eating more frequently and having

less junk food sped up her metabolism, we had to add extra food to prevent too much weight loss. You might be jealous of this, but remember Lisa could not eat what she wanted; she had to eat the right foods and this can become tedious. She wasn't dieting down; she was 'dieting up.'

Many women do not eat enough. It's possible to eat little and still fit into size 8 jeans but women who do this often have body fat around the hips and aren't happy with their appearance. Simply cutting large meals into smaller portions and eating more often throughout the day can actually speed up your metabolic rate.



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TRAINING

Lisa trained with weights six days a week and each session was split into different body parts. She didn't need to do any additional cardiovascular training, mainly due to her already active lifestyle. This was her split:

Monday Legs

Tuesday Shoulders

Wednesday Back and chest

Thursday Hamstrings

Friday Shoulders and arms

Saturday Legs and glutes

Sunday Rest

Lisa needed to build her legs, so she trained them three times a week, but each session focused on different leg muscles. A typical session would look like this:

Simple sets

5 x 10 Leg press

Superset

5 x 10 Narrow Smith

machine squats

5 x 10 Wide Smith machine squats

Superset

5 x 10 Single-leg press

5 x 10 Dumbbell Romanian

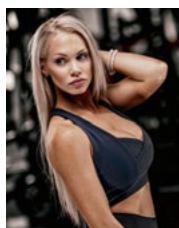
deadlifts

Simple set

5 x 10 Bulgarian split squats
(each leg)

Lisa entered her first competition in July and placed 2nd. She won her next show, then competed in the over-35 bikini fitness category at the UKBFF British Championships in October and won a contest the week after that to qualify for the 2016 British finals.

She told me: "I love the discipline and the structure of the diet and training. If you want to compete, you really need that, otherwise it's difficult to see changes. I didn't think being on stage would be my strong point, but I actually love showing off all the hard work."

**ABOUT MICHELLE**

Michelle Brannan is an IFBB bikini pro. She also runs a coaching team called Showgirl Fitness and the online training subscription resource BodySculpt Pro. michellebrannan.com.

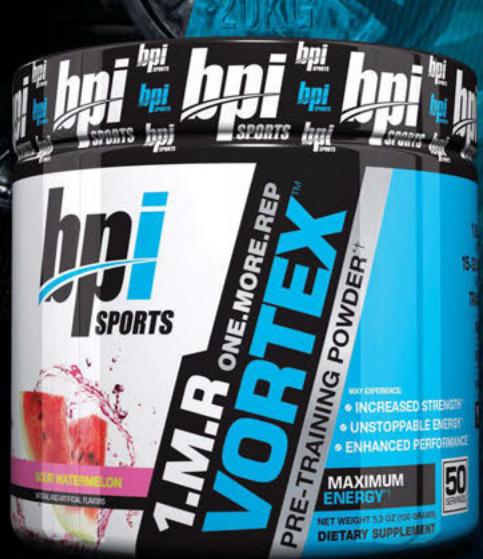


"I love the discipline and the structure of the diet and training."



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My triple assault on cardio

British fitness expert ROB RICHES reveals how he combines HIIT, LISS, and sports training to get seriously lean.

CARDIO PLAYS A MAJOR PART in helping me maintain low body fat without losing strength or fullness. Yet, for many people, it's often an afterthought to weight training and diet or a daily chore involving hours on a treadmill or bike.

Some fear cardio will sacrifice hard-earned muscle, but the dangers of this have been wildly exaggerated. Of course, if you spend hours doing cardio on a low calorie diet it is likely to slow your metabolism as your body goes into survival mode and resists burning fat. In these circumstances, it can break down muscle for fuel but if you're sensible, this won't happen.

So what's best? There are multiple theories and methods, but I am go-

ing to talk about an approach that has served me well for 10 years. It consists of a mix of both HIIT training and steady-pace cardio, as well as bouts of cardiovascular-type movements and sports. I've always found early morning fasted cardio yields the best results. Providing you have an adequate, balanced diet throughout the day, your body will have plenty of stored nutrients to guard against muscle wastage. Early morning cardio not only increases fat breakdown, but also speeds up my metabolism, so I continue to burn calories at a slightly higher rate throughout the day.

I get best results by doing 40-60 minutes of steady-pace, low-intensity cardio for two or three days followed

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by one day of HIIT for no longer than 20 minutes. This approach prevents my body from adapting to the same old routine and keeps me challenged. See the sidebar for a recommended weekly cardio routine.

I do my 40 minutes of LISS on a high-incline treadmill, stationary bike, or elliptical trainer. These sessions are no walk in the park—they're intense workouts—but the key point is that the effort is sustainable. I don't do short bursts but I still push my heart rate upwards of 170-180 bpm and find myself beginning to sweat after 15 minutes.

The key benefit of this type of cardio is that your body burns a lot of calories in 40 minutes, typically 400-800 in my case. Something else I like about it is that even if I'm not feeling wide awake, it's easy to get into. I listen to music or watch a video and get on with it.

By contrast, HIIT requires focus and energy and leaves me feeling drained. So why do it when you can binge-watch Netflix doing steady-state cardio? If you continually do the same thing, your body adapts and becomes more efficient at doing it. Eventually, this can lower your metabolic rate and make it harder to shed fat.

Doing a couple of explosive interval training sessions each week literally shocks the body and keeps it from starting to plateau. Try sprinting on a rowing machine, treadmill, spin bike or outside for 20-30 seconds of all-out effort, followed by a similar recovery period (or up to 60 seconds, depending on what you can manage). Your heart rate will fluctuate wildly (mine goes anywhere up to 190 and back down to 130) and your body burns a mixture of fuel, including fat and muscle glycogen.

A session typically lasts 15-20 minutes and burns 300-500 calories. Unlike LISS, your metabolic rate stays elevated for up to eight hours, which means that your body burns more calories after you've finished.

In addition to fasted morning cardio, I also include a variety of sports, usually after my evening weights. I've become fond of using the punch bag twice a week. I throw combinations of punches for a minute, then skip for a minute. I do this 5-10 times and it's a great end to a workout.

In summary, there are multiple effective forms of cardio but when you also want to maintain muscle size and fullness, follow a structured approach rather than simply doing countless hours of the same thing and wondering why, instead of getting leaner and tighter, you are starting to look soft and flat.

Try my routine and combine fasted morning workouts with a mixture of full-body conditioning workouts after your weights sessions to maximize fat-burning efforts while protecting hard-earned muscle.

CARDIOCHECKLIST

TIME

Perform both styles of cardio first thing in the morning before eating breakfast.

SUPPLEMENTS

CLA, L-Glutamine, green tea extract, caffeine, B-vitamins, glutamine, BCAAs are all beneficial pre-cardio to boost fat burning and protect against muscle loss. Immediately after cardio, have more BCAAs and glutamine with a scoop of protein powder then eat your usual breakfast with a high-quality multivitamin.

LISS

Days 1-3 choose a cardio machine that you can perform at a high intensity level for upwards of 40 minutes. If you can't maintain such effort for the duration then you need to lower it to one that you can.

HIIT

Every 4th day, choose a machine such as a rowing machine, spin bike, or treadmill and warm up for 3 minutes before starting intervals of 20-30 seconds of all-out effort, followed by a recovery stage* of 30-60 seconds.

TOTAL BODY CONDITIONING

On days that you miss your morning cardio (it happens to us all), or when you feel like adding further fat-burning cardio, perform 15-20 minutes of punch bag work (60 second intervals) followed by skipping or abdominal crunches.

*Recovery stage doesn't mean stopping but reducing intensity so that you can still continue and allow your heart rate to lower.



ABOUT ROB British-born Rob Riches is a top-level fitness competitor, cover model, and published author. Rob now lives in California and works with high profile athletes and celebrities, as well as running a successful media company. Find out more at www.RobRichesFitness.com

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Helen Derbyshire

The Welsh bikini fitness champion on ghost towns and glutes

THIS DOESN'T LOOK LIKE WALES

It was shot in a ghost town in the desert in Las Vegas.

DID YOU LIKE LAS VEGAS? I loved it, definitely my favourite place of all time! The ghost town where we did the shoot was spooky but so cool.

AMBITION To represent the UKBFF internationally in body fitness and to continue building my coaching business, Fierce & Fit.

BODY PART THAT GETS THE MOST ATTENTION

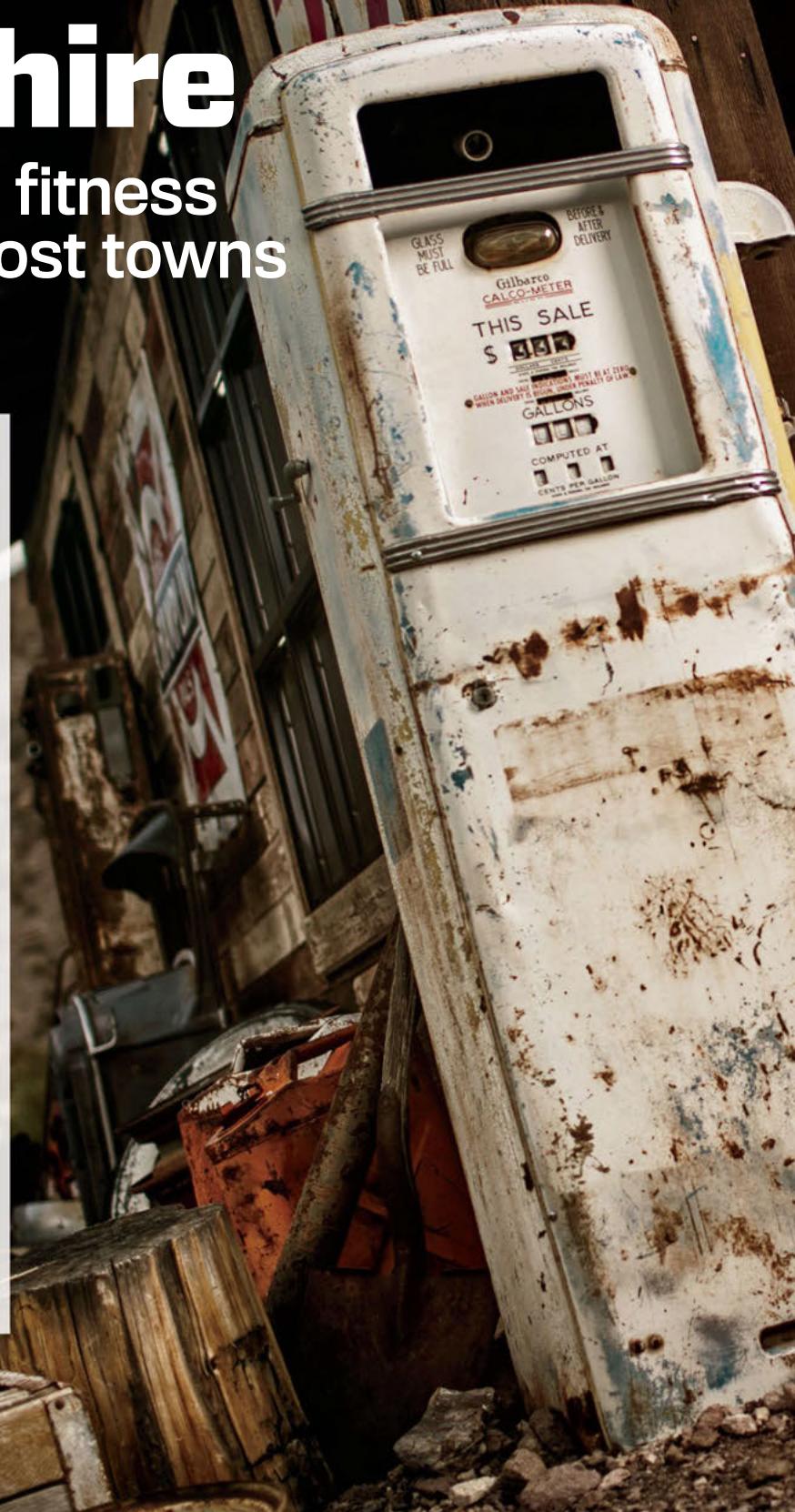
I am known for my glutes and I've even developed my own glute salute programme, which hundreds of girls worldwide are following.

WHO DO YOU CHEER FOR AT RUGBY—ENGLAND OR WALES?

I don't really watch sports, but it would have to be England. I am a true Northerner, through and through. Don't let my fiancé Neil hear me say that, though!

HIDDEN TALENTS I can say the alphabet backwards and I'm quite good at accents.

SOCIAL MEDIA Instagram: @helenderbs / Twitter: @HelenD_FNF





AGE: 23

BIRTHPLACE:

Manchester

LIVES: South
Wales

HEIGHT: 168 cm

WEIGHT:

59 kg

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EDGE

NEWS / INTERVIEWS / SPORTS / GEAR

The Biggest & Baddest

In honour of Spectre's **DAVE BAUTISTA**, we've got the 10 best villains ever to muscle their way onto the big screen. **BY MATT TUTHILL**

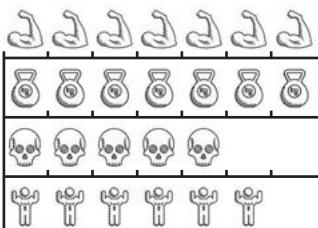
1

DRAGO

DOLPH LUNDGREN

MOVIE: *ROCKY IV*

Dolph took a handful of lines as a steroid-pumped Soviet boxer and turned it into a timeless performance—while his physique combined everything you could want.



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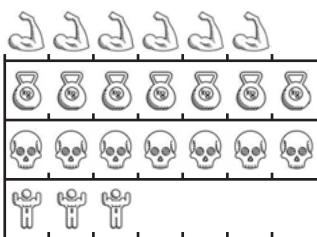


2

BANE

TOM HARDY**MOVIE: THE DARK KNIGHT RISES**

Hardy clearly put in a lot of time with the iron to prepare for this role, and though he was a good bit smaller than Jeep Swenson's version of Bane in *Batman and Robin*, he made for a much better and scarier villain—even if you couldn't always understand everything he said. When Bane tunes up a past-his-prime Dark Knight to close the opening act of the film—then hoists Batman over his head to break his back—his size helps make the scene believable.

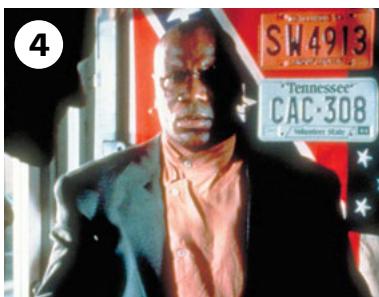
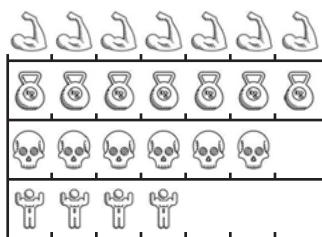


3

THE RUSSIAN

KEVIN NASH**MOVIE: THE PUNISHER**

Nash's most memorable film: 2004's *The Punisher* when he got one scene, no lines, and an insane fight that just about stole the movie.

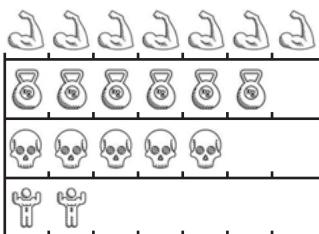


4

MARSELLUS WALLACE

VING RHAMES**MOVIE: PULP FICTION**

When Bruce Willis' boxer doesn't take a dive for Marsellus Wallace, Ving Rhames' character becomes one of the scariest—and most massive—villains in movie history.

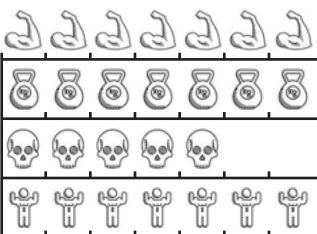


5

BRASS BODY

DAVE BAUTISTA**MOVIE: THE MAN WITH THE IRON FISTS**

Bautista's *Spectre* villain might top Brass Body (we'll find out soon), but in this kung fu flick, he's memorable as a master who turns to brass whenever he's struck.

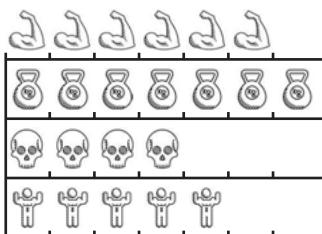


6

PAINE

STEVE AUSTIN**MOVIE: THE EXPENDABLES**

When your character is named by a third grader (Paine?! Really?!), you'd better be tough enough to live it down. Luckily, Steve Austin is tough enough for just about anything.



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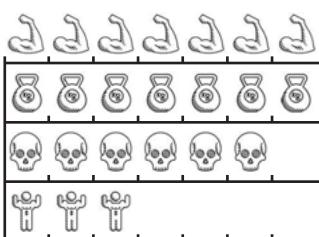
RIPPED



KINGPIN

MICHAEL CLARKE DUNCAN**MOVIE: DAREDEVIL**

Daredevil gets more than its share of hate but not for its casting of Kingpin, wonderfully played by the late Michael Clarke Duncan who intimidated as much with his frame as he did with his baritone voice.

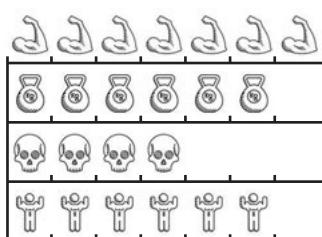


8

MR. FREEZE

ARNOLD SCHWARZENEGGER**MOVIE: BATMAN & ROBIN**

Our executive editor always plays the hero, so it was "ice" to see him camp it up with a barrage of cold pun one-liners as Mr. Freeze—the only redeeming quality for what is easily the worst big-budget comic book movie ever made. Other actors in the film, including George Clooney, publicly lamented doing it, but Schwarzenegger, never one to take himself too seriously, keeps his Mr. Freeze costume on display in his home.

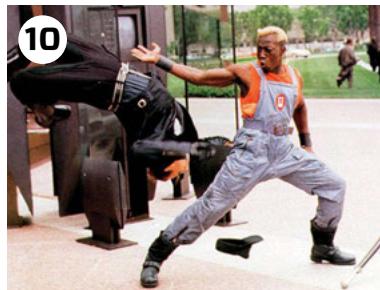
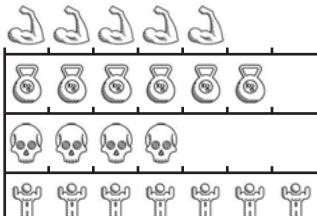


9

IVAN KRASCHINSKY

JEAN-CLAUDE VAN DAMME**MOVIE: NO RETREAT, NO SURRENDER**

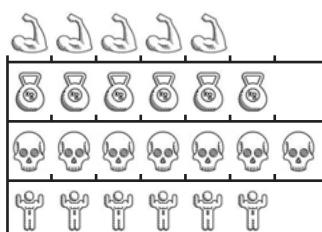
Before he broke it big in *Bloodsport* in 1988, JCVD was the big bad—and extremely ripped—final boss of this 1986 cult classic martial arts flick.



SIMON PHOENIX

WESLEY SNIPES**MOVIE: DEMOLITION MAN**

When Snipes' murderous character is unfrozen in a future that can't handle him, he wreaks havoc on an entire city and has a blast while he does it. And with those arms, it's more like Wesley Pipes, amirite?



NEVER ONE TO TAKE HIMSELF TOO SERIOUSLY, ARNOLD KEEPS HIS MR. FREEZE COSTUME ON DISPLAY.

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EDGE IRON MAIDEN

BEAUTY, BRAINS,

and confidence—Brazilian triathlete and fitness model Silvia Ribeiro has it all. Her sexy curves and fierce athleticism have earned her international success, first as a volleyball player for the Brazilian national team, and now as a triathlete who has competed in two 70.3 Half Ironman races this year. She's hot, unstoppable, and not afraid to push the limits to reach the top of her game. Here's what else you need to know about her.



Triple Threat

She's a former dentist and pro volleyball player—besides being a stunningly hot cover model. Meet **SILVIA RIBEIRO**.

BY DELFINA URE

...had a career as a dentist in Brazil for two years before becoming a triathlete.

...got her big break at age 26 on a bus in Brazil when she was approached by a top modeling agent.

...drinks lemonade and eats M&Ms at every cheat meal.

...ignored a modeling agent who told her to quit training so hard and lose muscle. It's her proudest moment.



...idolises Nelson
Mandela.

...lives by the motto
“Life is like an echo—
what you give
is what you get.”

...offers this advice to
anyone in a competitive
sport: “It’s never too
late to be the best
you can be.”

...says her idea of a “hot”
guy is one with a lean
body, broad shoulders,
and strong back
and legs.

“Cross” Fit

For motocross champ **RYAN DUNGEY**, fitness makes all the difference on the dirt.

BY MARK BARROSO

IN THE WORLD of motorcycle racing, Ryan Dungey has excelled in the dirt bike events motocross and supercross. The Red Bull KTM-sponsored athlete won both the 2015 American Motorcyclist Association (AMA) Monster Energy Supercross 450 and the AMA 450 Motocross titles. The key to Dungey's 2015 success was ditching his own routine and following the workout programming of motocross trainer Aldon Baker.

"I was worrying about what I needed to do and wondering if I was doing enough," says Dungey. "When I started training with Baker, I eliminated that doubt. Now, when I'm on the start line, I believe I've done everything I possibly can."

Motocross refers to outdoor tracks with natural rolling hills formed into jumps. Each race is 35 minutes, run twice. Supercross events, on man-made indoor tracks, are about 20 minutes. Dirt biking requires both strength (particularly core) and endurance. During each motocross round, Dungey burns 800 to 900 calories, with his heart rate exceeding 180 bpm.

"In mud, you use more strength muscling the bike around, putting it where you want," Dungey says. "In drier dirt, tires get more grip. You can ride as hard as you want, which pushes your cardiovascular system."

Dungey's off-season training schedule includes cardio such as



GRUNGY DUNGEY

Ryan Dungey training for the inaugural Red Bull Straight Rhythm in 2014.

cycling or running on weekends, followed by dirt bike riding on Monday, Tuesday, Thursday, and Friday. Gym workouts are on Monday, Wednesday, and Friday. "Workouts usually start with pullups, three sets of 10 to 15

reps," Dungey says. "My favourite exercises are dumbbell flies with a leg raise [raise weight and legs simultaneously], and dumbbell Bulgarian split squats with a press [press the weight as you squat].

At speeds up to 129 km per hour, motocross gives Dungey a fresh thrill every time.

"The adrenaline I feel now is the same as it was when I started riding."

NO AMOUNT OF CHAMPIONSHIPS WON IS EVER REALLY ENOUGH. I'M THANKFUL THAT I GET TO RACE FOR A LIVING.



RETRO

The Comeback That Wasn't

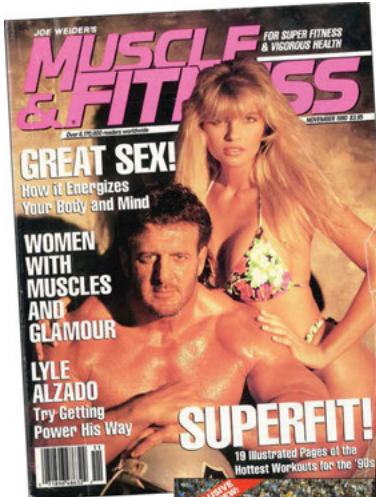
LYLE ALZADO covered our November 1990 issue for a return to football that never happened. **BY MATT TUTHILL**

TWENTY-FIVE YEARS AGO, we published a cover story on Lyle Alzado that was a tribute to the defiance of the aging athlete. At the time this was written, Alzado was 41 and attempting an NFL comeback after five years in retirement. The piece is riddled with cute turns of phrase including that Alzado, the legendary defensive end and Super Bowl champion, had returned to "sack" Father Time, and that the clock was a mere "punk" compared with his ferocity. When asked why he wanted to come back after five years, he answered, "I miss the violence. I miss the physical

challenge of football."

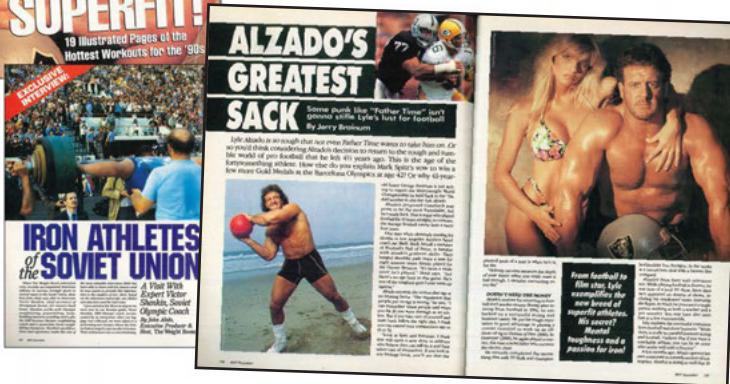
By the time this issue hit newsstands, the dream was already over. Alzado's comeback ended with a knee injury in training camp. Just two years later, at the age of 43, Alzado died of brain cancer. On his deathbed, he admitted to using anabolic steroids since 1969 and said he never stopped taking them throughout his career. He went so far as to directly implicate his steroid use as the cause of his cancer, though no direct link between steroids and cancer has ever been established—a point driven home in the 2008 steroid documentary *Bigger, Stronger, Faster**. It was a sad end for a man whose competitive spirit and monstrous physique likely inspired many guys to take up weight training and play football. For nostalgia—and some good belly laughs—check out Alzado's *War with the Weights* exercise video on YouTube in which he trains with a pair of gallon milk jugs.

Regardless of the controversy surrounding his death, Alzado was a hero to many, and it's not hard to see why. "Nobody can ever measure the depth of your desire when you really want it bad enough," he told *M&F*. "I visualize succeeding every day."



SOVIET STRENGTH

In addition to our Alzado cover story, we sent a writer to Russia to learn the secrets of the Soviet strength coaches.



WORLD'S STRONGEST ADJUSTABLE DUMBBELLS



THE END.

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Delay the DOMS

Delayed onset muscle soreness, or DOMS, is a feeling lifters love to hate. Here's how to keep your stiff muscles in check.

BY VICTOR R. PRISK, M.D.

IF ACHY QUADS, thighs, or calves have left you limping a day or so after a marathon legs workout, you've experienced delayed onset muscle soreness, or DOMS. Sore, stiff, and weak muscles can affect the ability to repeat exercises in consecutive workouts, thereby forcing a rotating training schedule. Acute causes of DOMS are up for debate, but the answer is likely multifactorial and may involve the accumulation of lactic acid, inflammation, free radical damage, and connective tissue damage. However, since DOMS more commonly occurs after heavy eccentric or "negative" movements, it is thought that structural damage leads to the inflammation and pain.

Plan to overcome the DOMS of one training session before working the same muscle groups again. If severe, you may need to take a few days off to stretch, massage, ice, heat, and medicate your tender muscles. Stiff muscles restrict your joints' range of motion, causing neuromuscular function to become dysfunctional. This nerve-to-muscle miscommunication causes irregularity of otherwise familiar movements and can lead to injury.



WHAT A PAIN

DOMS is not joint pain, numbness, tingling, or bruising; those symptoms may require a doctor's visit.

Periodised training that modulates training intensity, exercise types, and volume can help curb the performance detriment of DOMS. Nutritional approaches include:

- 1) Taking two to four grams of leucine from high-quality sources

like whey isolate from a complete protein post-workout to limit muscle damage and ignite protein synthesis.

2) Taking caffeine pre- and post-exercise to improve neuromuscular recovery.

3) Adopting a diet rich in omega-3 fatty acids from sources like fish oil, and eating more leafy greens. This can reduce inflammation and provide you with an influx of free-radical quenching antioxidants and nitric oxide-releasing nitrates.

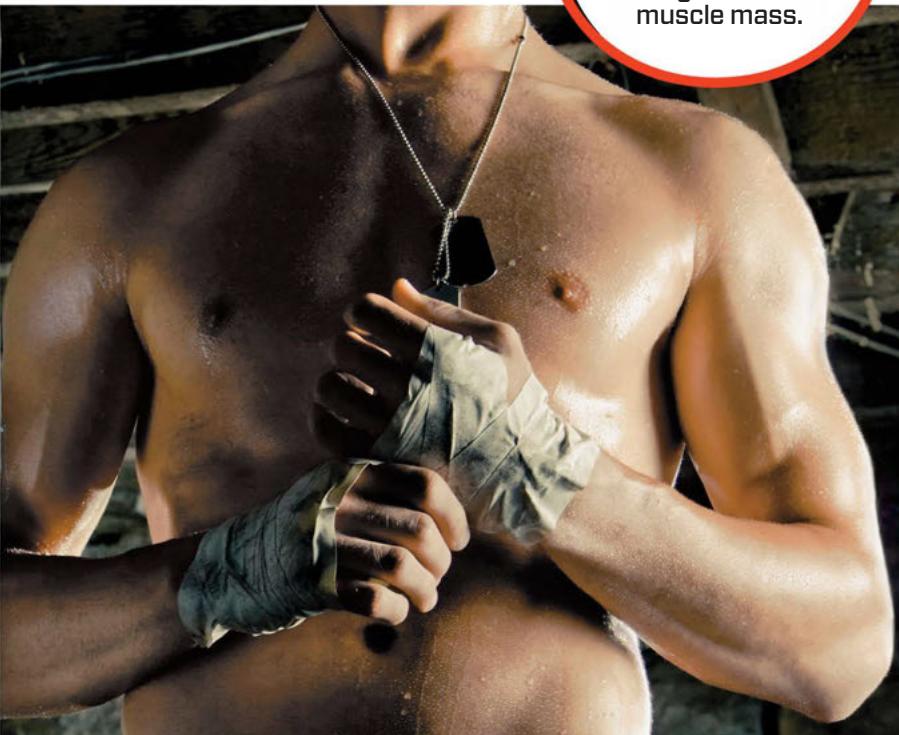
ALTHOUGH HEAVY ECCENTRIC TRAINING IS A GREAT WAY TO BUILD MUSCLE AND STRENGTH, IT SHOULDN'T BE THE FOUNDATION OF YOUR TRAINING.

Q How long does it take to start losing muscle if you've stopped exercising due to injury?

—ANDREW M.

"Injury often puts a muscle to rest—and rest is bad for muscles," says William Roberts, M.D., a sports medicine physician with University of Minnesota Phalen Village Clinic in St. Paul, Minnesota. Studies show that a person at bed rest can lose about 20% of his muscle strength and muscle mass in just one week. "The clinical example we often use is an athlete who is placed in a knee immobilizer on Friday night for an injury then rechecked on Monday. The circumference of the quad above the knee will have shrunk considerably," says Roberts. Bottom line: If you can move your muscles without pain, do at least a few minutes of light exercise each day.

JOHN FEDELE/CORBIS



Q Is my heart-rate monitor accurately reading how many calories I'm burning?"

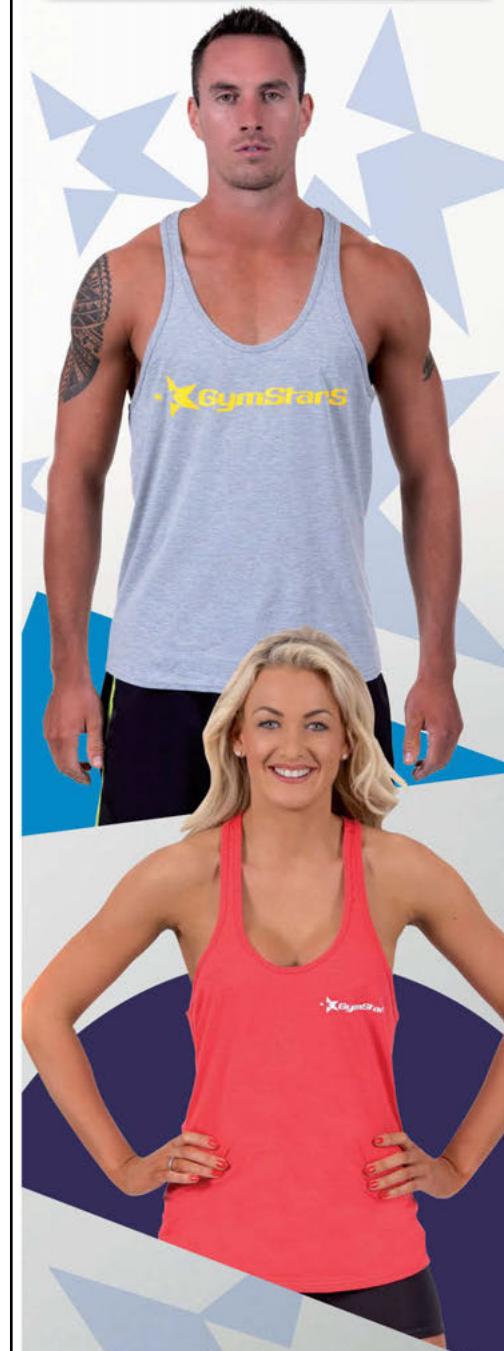
—JON M.

"It probably has a margin of error of about 15%," says John P. Higgins, M.D., associate professor of medicine at the University of Texas Medical School. According to Higgins, factors such as height, weight, and age help predict calories burned based on common algorithms, but your general fitness level, gender, genetics, exercise duration, and body-mass index also help determine calories burned, he adds. The most accurate models use both a chest strap and wrist monitor.

EASY GO

Studies show that with just one week away from physical activity, you can begin to lose significant muscle mass.

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Journeyman Bodybuilder

After 50 years of competing, **ARTHUR PEACOCK** is still getting it done. **BY DELFINA URE**

ARTHUR PEACOCK

entered his first bodybuilding contest in 1965, and in 2015 he won what will be his last. At 80 years of age, Peacock recently won the NPC Masters National Bodybuilding Championship Over-70 category and placed 4th in the Over-60 light-heavyweight category. Even more astounding than his win at an age when most are content to watch clouds roll by, Peacock managed his twin feats just weeks after major heart surgery.

Over the course of his 50-year competitive career, Peacock took the stage in more than 100 shows, winning 57 titles. He can also claim to have trained in Venice, California, alongside Arnold Schwarzenegger and Franco Columbu, back when they were competing. Now, after winning a national title and earning a coveted IFBB pro card, Peacock feels he can finally enjoy some hard-earned rest and settle into competitive retirement.

A half century ago, though, Peacock was an original member of Joe Gold's eponymous gym when it opened in 1965. "I have an original tank top," he says, recalling the days when bodybuilding was still a hobby for him. Four years later,

OUT WITH A BANG

Peacock suffered a heart attack this year, but rallied to get back onstage one last time.

however, he began to take the sport more seriously, and in doing so won the first competition he entered. Two years later, Peacock competed in the Masters National Championships for the first time, where he finished in the runner-up spot behind the legendary Ken Waller. According to Peacock, it was his lack of a U.S. citizenship as much as any individual competitor that stood between him and a title. Because he wasn't a citizen he was unable to go pro. "I couldn't go any higher because I wasn't a naturalised American," Peacock says.

"When I became a U.S. citizen in 1995 and was able to enter the competition circuit again, I won the Masters Mr. America contest three times and Mr. California five times," Peacock adds. He went on to win

titles in the 1960s, '70s, '80s, and '90s. In spite of all the success he experienced as a younger man, Peacock's proudest moment came from taking home the title at the Masters this past year, a victory that he believes defines his career.

"After competing for 50 years, winning this title is just the ultimate," Peacock says. After all these years, Art Peacock is a pro. "Now I'm an IFBB professional, which means I can't do any more amateur shows," Peacock says, with a healthy dose of pride.

His days of donning posing trunks may now be at an end, but Peacock's passion for bodybuilding has never been stronger. Much like his old friend Arnold famously said at the end of the film *Pumping Iron*, he's only stopping competing, but he's not stopping bodybuilding.



POSEDOWN
Peacock, right, poses alongside Schwarzenegger.

The Big Show

WWE's reigning giant talks life after wrestling, offers advice to future Superstars, and discusses his role in the action flick, *Vendetta*.

BY ZACK ZEIGLER



Muscle & Fitness: Are you looking to turn acting into a full-time gig?

The Big Show: My wrestling career is winding down, and I want to find other ways to be entertaining. Movies and TV are a logical evolution.

Vendetta looks like a dark turn for you.

It's my darkest role so far. *Knucklehead* [2010] was your fun-loving childlike giant that had a heart of gold; in *Vendetta* I'm playing a guy with no heart. It was a transition that allowed me to show [acting] range.

If a guy wants to make a name in wrestling, what advice do you give him?

Get the audience emotionally involved. You can't be the villain who wants to be cheered, and you can't be the good guy who doesn't show vulnerability.

Were you able to apply what you've learned in the ring to acting?

My philosophy is the same: In the ring, you work as a team with your opponents to put on the best possible match and connect with the audience. In movies, you work as a team with your co-stars to create the best possible scene so you can touch the audience emotionally.

Are you concerned at all about being typecast?

It's hard to get away from the stereotype of the big guy who stands in the corner with his arms folded, looking menacing, but I'm aggressively looking for parts.

It's hard even for someone as recognizable as you?

The competition is a lot thicker than you would think. The only thing that helps me is that I have 20 years of a great fan base.

Has the decision to move toward acting and away from wrestling changed the way you train?

I don't lift heavy anymore. The heaviest I bench is 125 kg for 21 reps. I want to keep the tendons and joints healthy.

How about your diet?

I don't eat enough. People might not believe that, but I get busy and sometimes I'll only eat once a day. I lost about 54 kg when I added boxing to my workout; it was high-intensity cardio with a no-carb diet. When I got back into wrestling, I started eating carbs again. Now, I'm in that yo-yo cycle of finding the right meals and eating

"SHOW" TIME

"I can act. I can give you emotion, but I have to beat the streets and earn parts."



Check out the Big Show in *Vendetta*, available now on Blu-ray, DVD, and Digital HD.



every two and a half hours. But I've cut out sugars and processed foods, and I've been eating healthier and staying away from fast-food burgers and garbage like that. Oh, and no more ice cream. I feel better now at 43 than I did at 35.

TRAIN

BUILD MUSCLE, BURN FAT, PERFORM BETTER



The Blue Chipper

IFBB physique pro **CHASE SAVOIE** doesn't fit in with his competition, he stands out. **BY MARK BARROSO**

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FUNCTION FIRST

"I never wanted to get so enormous, where I couldn't move like an athlete."

IN THE PAST YEAR, IFBB men's physique pro Chase Savoie earned his pro card, won a pro show, and competed in the Mr. Olympia Men's Physique Showdown. Yet the former high school American football safety and 100-metre sprinter still trains like an athlete to build his top-notch physique. The explosive work helps him keep muscle while incinerating fat.

"During Olympia prep, I did speed work on Mondays, plyometrics on Wednesdays, and another speed session on Friday," Savoie says.

For weightlifting, Savoie trains chest/shoulders/triceps one day, back/biceps the second, legs the third, takes a day off, and repeats the split.

"On chest day I bench-press, back day I deadlift, and leg day I squat, all with heavy weight," Savoie says.

After a whirlwind 2015, Savoie's Mr. Olympia showing lit a fire under him to train for perfection.

"The experience taught me even if you're a hair off, you'll pay the price."

SAVOIE'S CHEST & TRI'S WORKOUT

EXERCISE	SETS	REPS
Incline DB Press	4	6-8
Barbell Bench Press	4	10
Incline DB Flye	3	10
Weighted Dip	3	12
Cable Crossover	3	10
DB Pullover	3	10
Close-grip Bench	4	10
Lying Triceps Extension	3	12
DB Triceps Kickback	3	10
Reverse Triceps Cable Extension	3	15

SAVOIE'S TOP 3 POSING TIPS

Chase practises posing for 30 minutes after every cardio session in the morning.

1

HAND ON HIP
In my front and side poses, I always put one hand on my hip and tense my shoulders up.

2

TIGHTEN UP
When I hit my front pose, I blow all the air out of my lungs, which makes the abs really pop.

3

BACK IT UP
During back poses, bring your shoulder blades all the way back and squeeze to bring out more detail.

SAVOIE'S STATS

AGE	HEIGHT	WEIGHT
25	178	86 kg

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Metairie, Louisiana	Allmax

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Etched in Stone

Use pullovers to build distinct serratus muscles and a statuelike physique.

BY FRANK ZANE, M.A.

WELL-DEVELOPED

serratus muscles look like three fingers located 25 or 30 cm below each armpit. They seem to connect the lower lats to the rib cage. And the best way to work them is with dumbbell pullovers.

Most bodybuilders I know don't do them, but I always did, even from an early age. As a teenager I did dumbbell pullovers lying over the curved surface of a large-diameter log in my basement. This gave me better rib cage, lat, and serratus development and set the stage for all the pullovers I'd subsequently do as part of my upper-body workouts over the years to follow. It was simple: Since there were no large logs in Gold's Gym, all I needed were a flat bench and one dumbbell.

Later on I discovered the ideal combination to work the serratus, and that was to superset dumbbell pullovers with straight-arm pulldowns. With pullovers I got a deep stretch as I lowered the weight all the way down, almost touching the floor, then with arms slightly bent, pulled the dumbbell up until it was over my face. Pulling any farther would take tension off

the serratus and start putting it more on the front deltoids. Right after my set, I would do a one-arm overhead shoulder stretch with each arm as I walked to the lat machine to do the pulldowns.

Standing in front of the lat machine, leaning slightly forward and grasping a straight bar with hands 30 cm apart and elbows slightly bent, I'd pull the weight down in an arc until it touched the tops of my thighs then slowly lower it back while continuing to lean forward. This movement contracts the lower lats and serratus and completes the arc of what you would get on a pullover machine.

I usually work the serratus at the end of my chest routine since I work triceps immediately after and since pullovers always give me a great pump in the triceps. Do three supersets of 10 to 15 reps, stretching between sets. You can do them at the end of a back routine, too, or with both routines if you want to specialize. Either way, start doing them if you're not already.



QUICK TIP

All the serratus training in the world won't do a thing if you don't stay lean.

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ANDY McDERMOTT is a fitness coach in Hollywood. For free training advice, follow him on Facebook: *AndyMcDermottFitness*, Instagram: *@andymcdermottfitness*, and Twitter: *@andymcd23*



MOUNTAIN CLIMBER

From a pushup position, sprint in place, switching your feet as fast as possible.

Connect Four

Add a 50-yard sprint between four regular exercises for results that are anything but ordinary.

WHAT IT IS

The “Four Corners” workout designed by celebrity trainer Andy McDermott. This is circuit training in the traditional sense: You set up the four exercises as stations, 50 yards apart (in a square, hence the name), and sprint to each one. You’ll do five rounds of 50 mountain climbers, 20 body-weight squats, eight T pushups, and 30 jumping jacks. Since no equipment is required, it could also be set up as two stations, 50 yards apart.

WHY IT WORKS

Take away the sprinting and you have what would be a fairly demanding circuit either at home or in the gym. But by adding in 50-yard sprints between each exercise, an otherwise ordinary training circuit becomes a behemoth. If you don’t have any space for sprints, do 10-second “deadmill” runs—hold onto the dashboard of a treadmill and push the unpowered belt with your feet as quickly as possible.

THE WORKOUT FOUR CORNERS

DIRECTIONS: Do five rounds, sprinting 50 yards between exercises.

EXERCISE	REPS
► Mountain Climber	50
Body-weight Squat	20
T Pushup*	4 (each side)
Jumping Jack	30

*Perform a normal pushup, then rotate and reach to the sky with your free hand.

DID YOU KNOW? Andy McDermott modeled for promotional posters for *Call of Duty: Black Ops III*.

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QUICK TIP

You'll have to use less weight than for a normal press, but you'll get a stronger contraction in your abs.



Bench for Abs

One of your favourite exercises can help give you a six-pack while pumping up your pecs.

BY SEAN HYSON, C.S.C.S.

HOW TO DO IT PARTIALLY SUPPORTED DUMBBELL BENCH

1 **LIE** on a bench as if you were going to do a dumbbell bench press, but support only your head and upper back. Keep your hips up and your core braced.

2 **PRESS** the weights over your chest. Perform dumbbell presses as normal, but keep your core tight so your hips don't fall. Contract your glutes.

DID YOU KNOW? Suspending your body above the floor makes it act as its own bench to support the lift, drastically increasing the core involvement. For an even greater challenge, try pressing one arm at a time.

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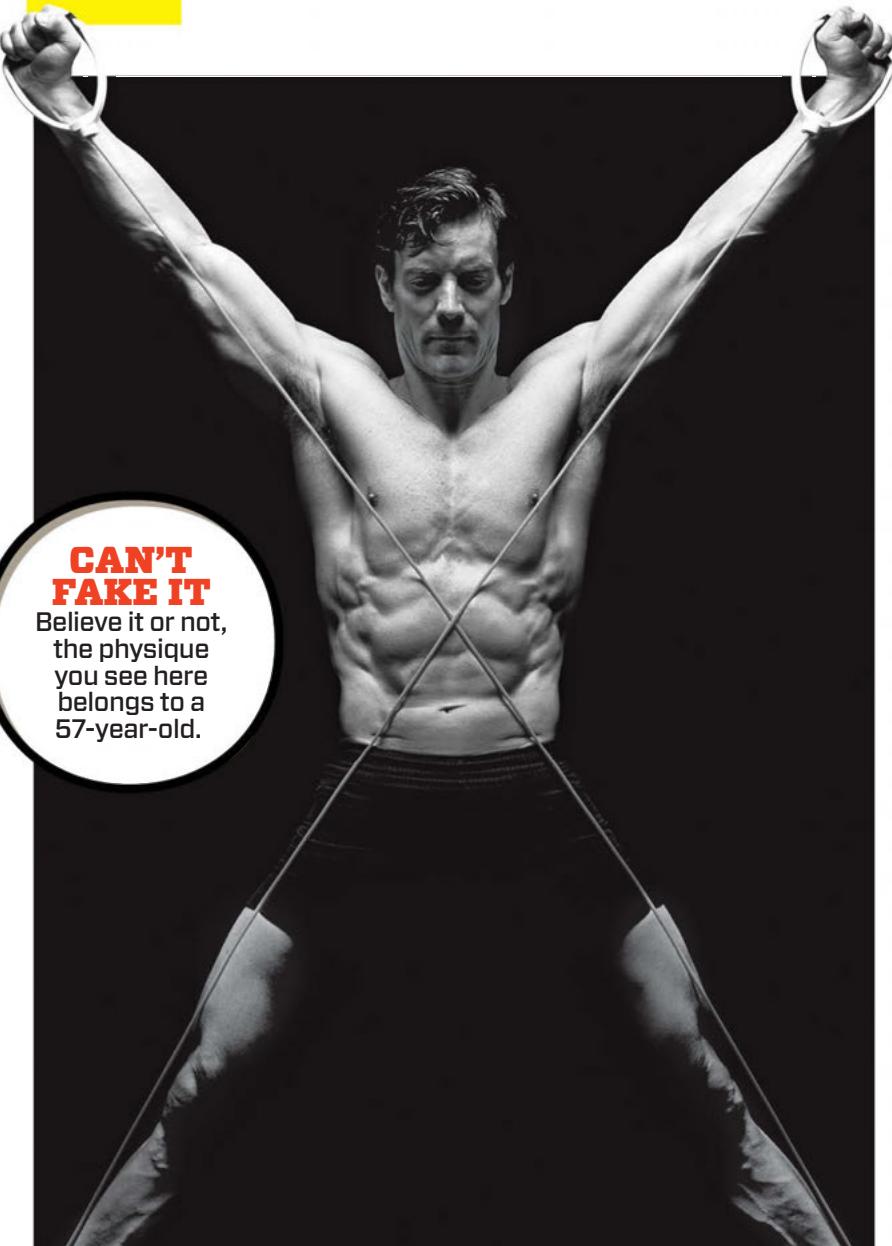
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**CAN'T FAKE IT**

Believe it or not, the physique you see here belongs to a 57-year-old.

Tony Horton

America's most influential trainer reveals his secrets to staying shredded at any age.

BY MARK BARROSO

TONY HORTON COULD HAVE

hung it up by now and retired comfortably. But the creator of the megapopular P90X series (now used on some U.S. military bases) and its new prequel P90 continues to inspire the masses to break a sweat. After 11 years and 5.5 million workouts sold, the celebrity trainer, author, and TV personality practises what he preaches, staying ripped year-round. "I still weight train. I love it," Horton says. "My training is everything and as often as possible."

Whether it's a P90X workout, running with Olympic medalist sprinters, doing Pilates, skiing, or inviting guests to his house to train, Horton finds ways to be an athlete.

"At age 57, I'm pushing the envelope. If there are 40 moves I did when I was younger, I do a majority of them, and I've added 50 more," Horton says. "I'm convinced that yoga

TONY'S BODY-WEIGHT CORE WORKOUT

Do two sets of 10 for each exercise. Do 10 reps per side for exercises 3, 5, 6, and 7.

1

CROSS CRUNCH
Perform two full situps; on every third rep, do a bicycle crunch, touching knees to elbows.

2

DOLPHIN
From a plank, drive hips up toward the ceiling, return to plank, and tap right knee to right elbow. Switch sides and return to the plank.

3

PISTON CRUNCH
Lie on your back, and curl knees into chest. Grab one foot with both hands; extend other leg. Switch sides.

4

FOREARM JACK CURL
From plank, crawl forward once on each forearm. Jump feet out wide. Return to plank. Crawl backward and repeat.

5

THE X
Lie on back with arms and legs extended out in an X. Tap one hand to opposite foot above core. Lower back down. Switch sides.

6

FLIP-FLOP CRUNCH
From a side plank, crunch top elbow and knee in front of core. Get into full plank, then side plank. Crunch on other side.

7

CORKSCREW TWIST
Lie on back with legs vertical. Bring knees toward one shoulder. Lower legs. Tap heels on ground. Twist on other side.

TONY'S WORKOUT SPLIT

Horton trains 25 times a month. This is a typical week.

[which Horton has integrated into his workout products] has kept me doing what I do."

In the gym, Horton favours traditional weight-training exercises and stresses variety.

"I recruit different muscles using several machines," Horton says. "I'm preventing the three things that cause the most problems for people: boredom, injury, and plateaus."

Horton has been there and done that in terms of nutrition, too. He was a vegan/vegetarian for 15 years until he started eating free-range chicken, elk, bison, and salmon. He realised the real culprit is sugar.

"I cut out 90% of my sugar 12 weeks ago, and I've never felt better," Horton says. "My waist is a 31 (79 cm), and I eat six to eight servings of vegetables a day."

Check out Horton's workout split at right and his body-weight core workout on the previous page and see if you can keep up. Did we mention the guy is 57?

MONDAY

CIRCUIT: 20 exercises, done as a circuit. Thirteen are plyometrics; the rest are nonimpact, including isometric leg moves.
REPS: 30-100 per exercise

TUESDAY

SHOULDERS/ARMS: Handstand Pushup, Arnold Press, Military Press, Lateral Raise, DB Curl, Cable Curl, Stability Ball DB Triceps Extension.

WEDNESDAY

CARDIO CIRCUIT: Rotate among skipping, treadmill, VersaClimber, rowing machine, slideboard, bike, and ski machine.
WORK: 3, 5, or 10 minutes per station
REST: 15-20 seconds

THURSDAY

CHEST/BACK: Flat/Incline Bench Press, Machine Flye, Lat Pull-down, DB Row. Alternate between chest and back moves.
TOTAL SETS: 24

FRIDAY

CORE AND PLYOMETRICS: Forward/Lateral Box Jump, Bosu Ball Light Barbell Squat to Press, Walking Kettlebell Lunge, Leg Lift.
TOTAL EXERCISES: 10

SATURDAY

YOGA: He takes 1-2 classes, each about 90 minutes long.

SUNDAY

SPEED AND BODY-WEIGHT TRAINING: Track Sprint, Rope Climb, Ring Muscle-Up...

TONY HORTON SNAPSHOT

AGE	HEIGHT	WEIGHT	WEBSITE
57	178	78 kg	tonyhortonlife.com
RESIDENCE	Santa Monica, California		
YOUTUBE	Tony Horton Fitness		

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NEED FOR SPEED DeFranco discovers an athlete's individual weakness, such as a lack of mobility holding back his running, and fixes it fast.

TESTING YOURSELF

At the Onnit Academy [in Austin, Texas, where DeFranco's Gym is located], we've been experimenting with the Omegawave, a device that measures an athlete's readiness to train. A cheaper, more low-tech way to do it is to test your vertical jump. If you're not within 90% of what you can usually jump, you're probably not ready to train hard that day. Instead, do some mobility work.

BENCH PRESSING

Brian Cushing [linebacker for the Houston Texans and a DeFranco client] got 30 reps at the combine 100 kg test. We did it by building his maximal strength. We train predominantly in the two- to five-rep range. The stronger your max is the less of a percentage of your max 100 is, so 100 feels easier. If you can bench 197 for one, 100 is easy to rep with.

A CERT THAT WORKS

The CPPS [a certification co-created by DeFranco, cppscoaches.com] combines science and real-world coaching. The certs that I took were a lot of science. When I passed them, I felt as if I knew what I was doing, but then a client walks up to you in the gym and you don't know what to do. We teach you how to coach, how to teach exercises. How to talk to people and how to design programmes. Putting somebody through a workout and designing a programme are different things.

Coach of Coaches

JOE DEFARNO revolutionised strength training for NFL hopefuls and now works on the fitness industry at large. **AS TOLD TO SEAN HYSON**

HUMBLE BEGINNINGS

The reason my business grew so much is that I focused on the basics. I used to work in health clubs, and I always found myself by the squat rack with clients doing squats, presses, and chinups. My gym started out in a storage closet, 50 square metres. I had barbells, a rack, an adjustable bench, adjustable box, and we focused on technique. I made sure everybody could do the fundamental movement patterns properly, like squatting, lunging, pressing, pulling, and hip hinging.

THE MUST-DO EXERCISE

A lot of exercises are performed hunched forward. Your pecs get short and tight and your upper back gets stretched out and weak

from being rounded over all day. That's why I recommend so many band pull-aparts—to activate the muscles of your upper back. All of my clients have a band that they can use. Every hour or so they'll do 15 or 20 reps.

BEATING THE NFL RECRUITING TEST

I figure out how to train for every aspect of the test individually. I find what limits each athlete and attack it. If somebody's slow, I find out why—usually a technique, strength, or flexibility issue. His hip flexors might be supertight, in which case, we'd focus on a mobility programme to lengthen them. I've shaved 0.24 seconds off athletes' 40-metre-dash times, on average.

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Squat Safely

Don't let knee or back pain stop your legs from growing. Squatting with the bar in a landmine unit ensures perfect technique and a full range of motion. **BY SEAN HYSON, C.S.C.S.**



HOW TO DO IT **LANDMINE SQUAT**

1 LOAD ONE END of the bar into a landmine unit, or wedge it into a corner. Grasp the other end and stand with your feet at shoulder width.

2 TAKE A DEEP BREATH and bend your hips back, squatting as low as you can. Push your knees apart as you descend.

QUICK TIP: The arc the bar travels allows you to stay more upright than you would when doing a back squat. This lets you squat deeper, hitting your quads better, and protects your lower back. Supporting the weight in front of your body works the core as well. You can also use a landmine setup for presses and rows.

GROOMING BY CHRISTIE CAIOLA



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**QUICK TIP**

More rear-delt and upper-back work will help to balance out the muscles in your shoulders.

Press Protection

John C. sent us his delt workout and said he suffers from shoulder pain. Here's how we helped him work around it.

BY SEAN HYSON, C.S.C.S.

JOHN'S OLD WORKOUT

EXERCISE	SETS	REPS
Dumbbell Overhead Press	3	10
Front Raise	3	12
Lateral Raise	3	12
Rear-lateral Raise	3	12

MUSCLE RATING: C

OUR ADVICE

An aching shoulder often means impingement. This is usually aggravated with overhead pressing, but pressing on an angle can take tension off the joints. Wedge a bar into a corner and press one end of it on a 45-degree angle (like you're throwing a lever)—this is called a landmine press. You should also prioritise pulling in your back workouts and do more rear-delt work, as that will help correct the muscle imbalance that set up the injury.

JOHN'S NEW WORKOUT

EXERCISE	SETS	REPS
Landmine Press	4	12-15
▲ Rear-delt Raise	4	20
Lateral Raise	3	15
Front Raise	3	15

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ASK ADAM Want your question answered by Adam Bornstein? Tweet @Bornfitness and @muscle_fitness with the hashtag #bornfit



QUICK TIP

Whatever curl variety you choose, pick a moderate weight you could do 15 reps with.



Arm Training Evolution

Here's the smart way to train biceps and triceps.

BY ADAM BORNSTEIN

pushdowns—compound movements are enough. (Big mistake.) Then I thought the answer was progressive overload, adding weight to your lifts every week. But that led to elbow pain. After much trial and error with many clients, I've settled on the following methods, which build the bi's and tri's safely and swiftly.

GET A PUMP. The arms respond well to volume, so train them in the 8- to 15-rep range, and sometimes with as many as 20 reps. When you go heavy on an exercise like curls, you just start cheating, and that takes

tension off the target muscles.

KEEP IT SIMPLE. EZ-bar curls, hammer curls, and varieties of dumbbell curls are all you need for biceps. For your triceps, think big movements like dips, close-grip bench presses, and pushups most of the time, finishing them off with cable extensions and skull crushers.

TRAIN THEM ON LEG DAY. Because the biceps are small muscles, they respond better to frequency than punishing loads. Train them two to three times a week. Increased training frequency really adds up.

How do I make my arms really grow?

—@MEIERED

A: **IT TOOK ME** a long time to learn how to train arms for the best gains. I used to be in the camp that said you don't need curls and

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WHAT'S IN THE FRIDGE THIS MONTH



Root of the Matter

Root veggies can fuel your workouts and boost your immune system.

RATHER THAN lament the fact that many of your favourite fruits and veggies are out of season, use the winter months to pack your diet with what's in-season: nutrient-dense root vegetables such as

carrots, parsnips, turnips, swede, sweet potatoes, ginger, and beets. All root veggies are a good source of fibre and vitamin C. Sweet potatoes are a clean carb staple for all athletes; ginger can lower

blood sugar and blunt muscle soreness. Studies have shown that beets can boost athletic performance as they are the source of the potent pre-workout ingredient beta-alanine.

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LEAN GAINS

Minced bison has fewer calories, less fat and cholesterol, and more protein than minced beef.

**NUTRITION PER SERVING**

418 CALORIES	23 g PROTEIN	42 g CARBS	18 g FAT
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MINI BURRITO BAKES

SERVES 6

225 g minced bison
1 ear of fresh corn, kernels removed
425 g black beans
410 g fire-roasted tomatoes
1 tsp ground cumin
1 tsp garlic powder
1 tsp sea salt
1 tsp red-wine vinegar
1 tsp agave nectar
24 8-cm wonton skins
125 g reduced fat cheddar or gouda cheese
150 g romaine lettuce, shredded
300 g cherry tomatoes, halved
225 g low-fat soured cream

1. Preheat oven to 180°C / Gas Mark 4. Brown bison for 8 minutes in a skillet on medium heat.

2. Add corn, beans, roasted tomatoes, spices, vinegar, and agave. Cook for 15 minutes.

3. Spray a 12-cup muffin tin with cooking spray. Lay 2 wonton skins in each cup. Bake in oven until slightly crispy.

4. Spoon bison mixture into cups; sprinkle with cheese. Bake for 12 minutes.

5. Garnish burritos with lettuce, cherry tomatoes, and soured cream.

Fine Dining

Feed your body with a better red meat: bison.

BY MARK BARROSO

WHY BISON INSTEAD OF

other protein? Bison aren't fed hormones or antibiotics; they're free-range animals that eat grass, grain, or hay. The end result is leaner meat that tastes like beef.

"People think bison is going to taste gamy, and it's not at all," says Rich Rosendale, celebrity chef and star of *Recipe Rehab* and

the culinary documentary *The Contender*. "I've switched bison in for beef in my recipes, and nobody noticed. However, bison will be noticeably dry if you cook it past medium. It doesn't have the same marbling content as beef." Try Rosendale's mini burrito recipe for a new take on this high-quality protein source.

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Cauliflower

Enjoy these five Paleo recipes to add flavour and nutrients to any diet.

BY SEAMUS MULLEN

1 | COOK COUSCOUS

Pulse cauliflower head in a food processor to form couscous. Heat 2 tbsp olive oil over medium heat in a pan. Sauté cauliflower with pine nuts, raisins, and 1 clove minced garlic. Reduce heat for 2 minutes. Finish with chopped basil.

2 | GRILL A "STEAK"

Heat grill to high. Cut 2 "steaks" from center of large cauliflower head. Add spices and drizzle with coconut oil. Grill steaks on both sides and reduce heat for 3-4 minutes. Drizzle with lime juice, minced jalapeño, and coriander.

3 | STIR UP A SOUP

Cut cauliflower head into 2.5-cm chunks. In a large pot, heat 2 tbsp coconut oil and sauté cauliflower with garlic and 1 minced shallot for 3 minutes. Add 1 tin coconut milk and 1 drizzle rice vinegar and cook 5 minutes. Blend until creamy in a blender. Serve.

4 | BAKE A CASSEROLE

Preheat oven to 220°C / Gas Mark 7. Cut cauliflower head into florets. Toss in a bowl with 225 g diced bacon, 1 sliced shallot, 1 minced garlic clove, and 2 tbsp olive oil. Season with spices, put in a baking tray, top with 100 g chopped almonds, and bake for 30 minutes.

5 | ROAST THE WHOLE HEAD

Preheat oven to 180°C / Gas Mark 4. Trim stalk of cauliflower head. Rub with 2 cloves minced garlic and 4 tbsp olive oil. Season with spices, lemon zest, red pepper flakes, and sesame seeds. Bake 30 minutes, raise to 220°C / Gas Mark 7, and roast another 7-10 minutes.

WELL-ROUNDED

100 grams of cauliflower has 3 grams fibre, 300 milligrams potassium, and is a good source of vitamin K.



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DID YOU KNOW?

Coffee was once banned in parts of the Middle East because it was thought to stimulate "radical" thinking.

Coffee with Sirloin

Coffee isn't just a drink. Rub your steak with it for a special kick that barely takes longer than brewing a cup of coffee by itself. **BY SEAN HYSON, C.S.C.S.**

STEAK WITH COFFEE AND CHILI RUB

YIELDS 2 SERVINGS

1½ tsp chili powder
1½ tsp fine ground coffee
½ tsp brown sugar
¼ tsp dry mustard
¼ tsp ground cumin
¼ tsp salt

¼ tsp freshly ground black pepper
450 g rump steak, about 3-cm thick
200 g white rice
½ lime
25 g fresh coriander, chopped
1 tbsp olive oil

1. Coat a large nonstick skillet with cooking spray and place it over

medium-high heat. In a small bowl, combine all ingredients for the rub and then coat steak well on both sides.

2. Cook steak 14 minutes, turning once, for medium to medium-rare. Allow steak to sit for 5 minutes before slicing.

3. While steak is cooking, cook rice. Then stir in lime juice, coriander, and oil. Add salt to taste. Serve steak with rice on the side.

NUTRITION PER SERVING

616 CALORIES	72 g PROTEIN
29 g CARBS	22 g FAT



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TRAIN LIKE A CHAMPION

The 2015 Mr. Olympia competition showcased the very best physiques on the planet. Now you can take inspiration from—and a page from the training notebooks of—the winners: Mr. Olympia **PHIL HEATH**, 212 Showdown champ **FLEX LEWIS**, and Physique Mr. Olympia **JEREMY BUENDIA**.

PHIL HEATH MR. OLYMPIA WINNER 2015

“THERE’S NO WAY IN HELL I COULD HAVE ACHIEVED WHAT I HAVE WITHOUT BEING A GOOD STUDENT AND LISTENING TO THE WISDOM OF OTHERS.”

CHEST WORKOUT

EXERCISE	SETS	REPS
Hammer Strength Incline Press	4	8-12
Flat-Bench Flye	3	8-12
Vertical Chest Press	4	8-12
Incline Cable Flye*	7	8-10

*Performed FST-7 style: Rest 30-40 seconds between every set, stretching your pecs on a door frame or power rack while you rest.



FLEX LEWIS
212 SHOWDOWN WINNER 2015

"DON'T LET SOMEONE WHO GAVE UP ON THEIR DREAMS TALK YOU OUT OF YOURS."

SHOULDER WORKOUT

EXERCISE	SETS	REPS
Seated Lateral Raise	3	14-16
Seated Front Raise	3	14-16
Standing Lateral Raise & Hold*	1	20
Incline Rear Lateral Raise	2	14-16
Bentover Rear-lateral Raise**	1	14
Seated Dumbbell Shoulder Press	3	14-20

*On the final rep, hold the top position of each rep as long as possible. Don't come to rest at the bottom of the movement with your arms at your sides. Keep the weights about a foot away from your body (almost a third of the way up).

**Perform one set to 14, grab a pair of much lighter dumbbells, then immediately do another set of 14.





JEREMY BUENDIA

PHYSIQUE WINNER 2015

"KNOWING EVERYONE IS HUNTING DOWN MY TITLE MOTIVATES ME TO WORK HARDER."

ABS CIRCUIT

DIRECTIONS: Do five rounds, resting two minutes between each round.

EXERCISE	REPS
Floor Crunch	25
Lying Leg Lift	25
Toe Touch	25
Side Oblique Crunch*	25
Bicycle Crunch	40

*Per side





PER BERNAL



RIPPED LIKE ROBERT

M&F contributor **Robert Irvine**, star of Food Network's *Restaurant: Impossible*, is easily the fittest chef in the world. In his new book, *Fit Fuel*, he shares motivation, training, and a ton of restaurant-quality healthy recipes. The following excerpt offers a look into each section of the book.

BY ROBERT IRVINE // PHOTOGRAPHS BY IAN SPANIER

PART I **THE MENTAL ASPECTS OF BEING FIT**

My morning gym session is as much a part of my daily routine as taking a shower or eating breakfast. It's part of who I am. But as much as I love to work out, I would not categorize myself as obsessed. To me, being fit isn't an end in itself—it's something that empowers the other passions in life, whatever they may be. Being fit means I can

keep up with a travel and filming schedule that would decimate a man in lesser shape yet still have energy left over to put into maintaining quality relationships with my wife and family. You may not travel as much as I do (I'm on the road about 300 days a year), but I'm sure you have comparable stressors in your life—family, job responsibilities, things to fix around the house, etc.—that could open the door to all sorts of unhealthy eating habits and the chronic illnesses that may follow. Being fit helps meet those life challenges.



BACK IN THE DAY...

When I was 11, I joined the Sea Cadets, which is something like the Boy Scouts, with the difference being that the adult leaders more or less treat you like junior sailors—you go to marine bases and onto warships, physically training as if you were joining the Royal Navy. I attacked the workouts, but being undersized was holding me back. One of the marines (a cook, ironically) noticed this and, in what might have been just a casual gesture of kindness for him, wound up changing my life: He handed me an old copy of *Muscle & Fitness* magazine.

I went home with the magazine held up high and said to my mum and dad, "Oh, look what I've got!" They nodded politely, not knowing what the hell I wanted to do with it. We didn't have any weights, and it wasn't like there was a local gym in our town back then, either. Even so, I pored over the pages and let it all soak in. I was awed by Arnold Schwarzenegger, wanting desperately to look like him and all the other guys in the magazine.

Before long, I was begging for the Weider weight set I saw advertised in the magazine.

My parents, though, were not affluent. So when faced with my demand

for a weight set—the need for which they didn't really understand—mum and dad gave me their stock answer: "We'll try."

In the meantime, back at school, my PE teacher and the school rugby coach, Mr. Rogers, would take us through workouts. I'll never forget the clang of the iron and the feel of the bar in my hands. It was intoxicating and liberating, the best opportunity I'd had yet to improve myself. My mum took notice, and one day when I got home, the Weider weights were there waiting for me. I'll never forget how out-of-my-mind elated I was. It was better than Ralphie finally getting the Red Ryder BB gun at the end of *A Christmas Story*. I screamed, "Are you kidding me?!"

After that, my tenacity and stubbornness took on a life of their own. Throughout the day at school, I'd daydream about going home and lifting those weights the way other kids daydream about playing with toys.

When I finally would get home, I'd set the weights up on our patio, flop open a copy of *Muscle & Fitness*, and get to work. I was mere weeks away from looking like Arnold; I just knew it! The fact that I never became a bodybuilder is irrelevant. So many good things in my life came from chasing that image.

PART II TRAINING

DAY 1 CHEST

EXERCISE	SETS	REPS
Barbell Bench Press	4	10-12
Incline Dumbbell Press	4	12-15
Pec Flye	4	12-15
Pushup on Barbell	4	12-15
Dumbbell Pullover	4	12-15

Note: The training section of *Fit Fuel* contains a five-day body-part split, plus a beginner's split, time-saving workouts, and HIIT sessions. This is Day 1, Chest.

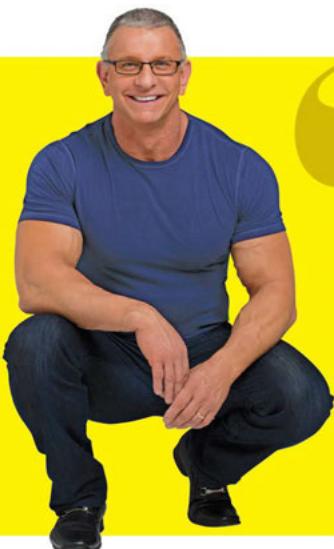
INCLINE DUMBBELL PRESS ▶

4 SETS X 12-15 REPS

Set a bench to a 45-degree angle. Lie back with a pair of dumbbells on your knees. "Kick" each dumbbell up to shoulder level, using your knees to assist the weights into the starting position. Push the weights straight up until your elbows are locked out. Lower them slowly to return to the starting position.



I WAS AWED BY ARNOLD SCHWARZENEGGER, WANTING DESPERATELY TO LOOK LIKE HIM AND ALL THE OTHER GUYS IN MUSCLE & FITNESS.





DUMBBELL PULLOVER ▲

4 SETS X 12-15 REPS

Lie down on a bench with your feet flat on the floor, holding a single heavy dumbbell overhead with both hands. Lower the weight behind your head, allowing it to stretch your pecs, and point the lowest part of your rib cage toward the sky. Contract your pecs and lats as you move the weight back to the starting position.



BARBELL BENCH PRESS ▲

4 SETS X 10-12 REPS

Squeeze your shoulder blades together, and grasp the bar with a slightly wider than shoulder-width grip, wrapping your thumbs. With the help of a spotter, unrack the bar and lower it under control, contracting your lats throughout the movement. Pushing with your lats, triceps, and pecs, drive the bar back to the starting position.

QUICK TIP When done properly, the bench press is a total-body move. The harder you push your feet into the ground, the more power you'll be able to create; you're essentially coiling your body into a spring to create more potential energy, which helps move the bar. Squeeze your legs, abs, and triceps.

PART III NUTRITION

PROVENÇAL ROASTED HALIBUT ▶

SERVES: 4

For anyone trying to lose weight or stay lean, fish is always a good option. A meaty white fish, halibut is great for fighting cravings. It is simultaneously dense, or "heavy," yet low in calories and high in protein.

The French Provençal accompaniment of Niçoise olives, garlic, and San Marzano tomatoes (the best plum tomatoes around; use regular plum tomatoes if you can't find them) builds a rich flavour that adds to the satisfying nature of the halibut.

1 tbsp grapeseed oil
4 halibut fillets, 200 g each
Salt and pepper
16 San Marzano plum tomatoes, whole, peeled
1 large bulb fennel, julienned
4 cloves garlic, thinly sliced
16 sprigs thyme
12 sprigs oregano, roughly chopped
4 tsp capers
12 small waxy potatoes (e.g. Charlotte), cooked and sliced
32 Niçoise olives, pitted
½ bunch parsley, finely chopped

1. Preheat oven to 190°C / Gas Mark 5.
2. Add grapeseed oil to a sauté pan over medium-high heat. Season fish with salt and pepper and sear on both sides until golden brown.
3. Across bottom of a casserole dish, arrange tomatoes, fennel, garlic, thyme, oregano, capers, potatoes, and olives. Place fish on top.
4. Slightly cover fish with vegetables. Ladle olives over fish and place in oven. Allow to cook for 15–20 minutes, or until fish is done and vegetables have slightly caramelized.
5. Take dish out of oven and drain off most of the oil. Garnish with parsley and serve family-style.

THE MACROS

599 CALORIES | 57g PROTEIN | 72g CARBS | 14g FAT





TURKEY BACON QUESADILLA WITH EGGS & AVOCADO SALSA

SERVES: 4

Here we use whole-wheat tortillas, turkey bacon, and nonfat cottage cheese to keep calories in check. Ditch the soured cream and mix avocado into the salsa for a tangy topping that'll change the way you think of this Mexican classic.

FOR THE AVOCADO SALSA:

50 g black beans, rinsed
45 g tomatoes, diced
1 avocado, diced
40 g red onion, diced
¼ bunch coriander, chopped
1 tbsp sherry vinegar
Juice of ½ lime
Salt and pepper

FOR THE QUESADILLAS:

75 g fat-free cottage cheese
4 30-cm whole-wheat tortillas
115 g reduced-fat cheddar cheese, grated
175 g turkey bacon, cooked and chopped
Nonstick, fat-free cooking spray

FOR THE EGGS:

1 tbsp grapeseed oil
6 whole eggs
6 egg whites

AVOCADO SALSA:

1. Combine all salsa ingredients in a mixing bowl and gently toss together.

QUESADILLAS:

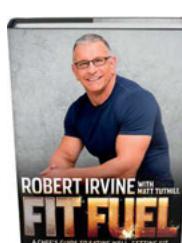
1. Spread cottage cheese on tortillas. Top with cheese and bacon.
2. Spray a nonstick pan with cooking spray; fold a tortilla in half and cook it over medium heat until cheese is melted. Repeat for all tortillas.
3. Heat a nonstick pan over medium heat and add 1 tbsp grapeseed oil.
4. In a mixing bowl, whisk together whole eggs and egg whites; pour eggs into pan and scramble until cooked through. Season with salt and pepper.
5. Cut quesadillas in four pieces. Top with salsa, then add scrambled eggs to the side of the plate. **M&F**

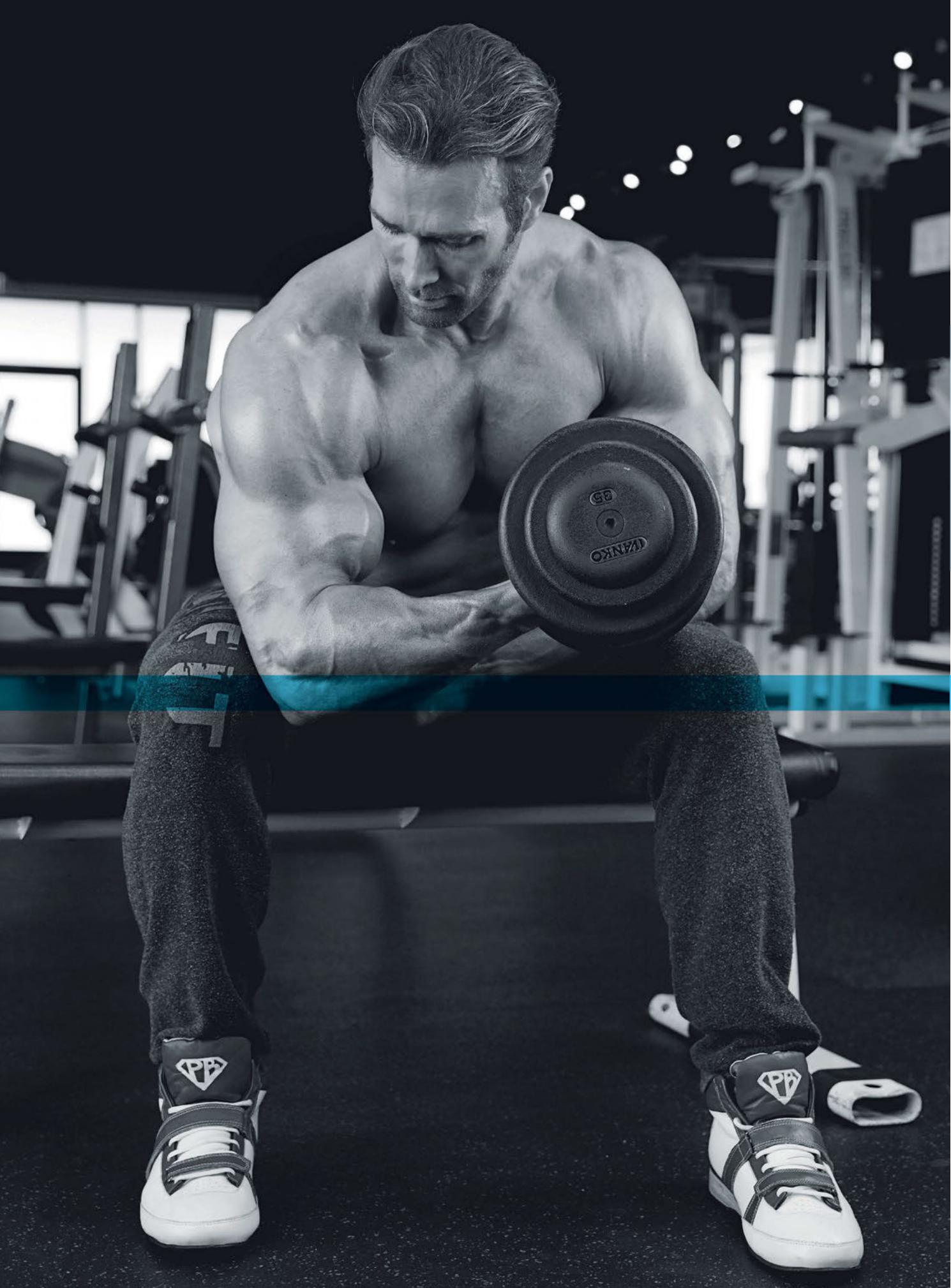
THE MACROS

563 CALORIES	41g PROTEIN	38g CARBS	28g FAT
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FUEL YOUR LIFE

Robert Irvine's *Fit Fuel*, co-authored by M&F Deputy Editor Matt Tuthill, is available for purchase at fitfuelbook.com and Amazon.





WINTER MASS WORKOUTS

BY SEAN HYSON, C.S.C.S. /// PHOTOGRAPHS BY JASON ELLIS

Forget about abs and calves. Use these cold months to add maximum size and strength with the most effective exercises known to man.

RELAX. Abs season is over. You don't have to meticulously count every gram of carbs and fat anymore because even if you do keep your abs over the next few months, no one but your girlfriend will have a chance to see them. It's wintertime, which means a return to long-sleeve shirts and trousers, Christmas parties, and comfort foods—all things that will conspire to rob you of definition and steadily expand your waistline.

And rather than fight it, we say embrace it. December through March is the perfect time to shift your training to a powerbuilding

split focused on putting up big numbers and adding prime beef to your frame so that when spring comes back, you'll need only a few weeks of dieting to shed your "winter coat" and reveal the dense muscle beneath it.

To this end, we polled three of our favourite experts—Joe DeFranco, a strength coach to several NFL players; CJ Murphy, a strength coach, powerlifter, strongman, and all-around badass; and Mike O'Hearn, a bodybuilder, powerlifter, former *American Gladiator*, and the model for these pictures—to get their picks for the best muscle- and

strength-building exercises, period. We then mixed as many of them as we could together to fashion a damn fine mass-gain programme that will have you setting new PRs—safely—while pumping up the muscles that show behind even the ugliest sweater: the traps, shoulders, chest, and arms. We bet that you will enjoy this routine so much, you'll wish it stayed winter forever. (Almost.)

DIRECTIONS

Perform each workout (Days I, II, III, and IV) once per week. Exercises marked with an asterisk (*) indicate that they should be rotated with similar movements each week. For example, on the first leg day, you can do the classic back squat one week, then a box squat the next, and a pause squat in Week 3.

DAY I LEGS & CORE

(If you have access to special bars, like a safety squat bar, you can use these as well for more variety.) On upper-body days, you can rotate among the bench press, incline bench press, and floor press, just for example. On the second leg day, you can opt for any variety of deadlift you like (such as a trap bar, sumo, or conventional); you can also change the height of the bar, choosing to do deficit deadlifts (where you stand on a platform to increase the range of motion) or rack pulls (where you rest the bar on a rack or blocks just below knee level to shorten the range of motion). Cycle the lifts as you like or need to, depending on recovery and how your lower back and shoulders feel.

On all of the main lifts (squat, bench press, and deadlift) and their variants that you cycle, you'll work up to a one- to 10-rep max. Begin with an empty bar and gradually add weight until you reach a load that cuts you off at a certain number of reps within that range. You can shoot for a 10-rep max one week on one lift and then an eight-rep max on another lift the next week. You can work down to a one-rep max over time or play it safe and stay within five to eight reps; it's up to you and how far you want to push your strength gains. Just be aware that repeatedly training very heavy (five-rep maxes or heavier) will be stressful and will require occasional deloads. Once you reach the load that allows you the number of reps you're shooting for but no more, you're done with that lift for the day.

Note that some exercises are alternated. This means you'll do one set of the first lift, rest, then one set of the second lift, rest again, and repeat until sets are complete.



LYING LEG CURL

Set up the machine so that the foot pad rests just above your ankles as you do your reps. Squeeze each rep at the top position for 1-2 seconds.

EXERCISE	SETS	REPS
Lying Leg Curl	3	15
Squat Variant*	As many as needed	1-10
Keystone Deadlift	2	6-8
Bulgarian Split Squat	3	8 1½ reps (each leg)
Ab-wheel Rollout	3	8-15

SLIDING LEG CURL

Use Valslides, furniture sliders, or paper plates on a waxed floor. Lie on your back on the floor and rest your heels on the sliders and slide them up close to your butt so your knees are bent. Brace your abs and drive your heels into the floor to raise your hips up in the air. Extend your legs, sliding your feet out straight, and then bend them as in a leg curl to come back up. Keep your abs braced so your back doesn't hyperextend.

If you have access to a glute-ham bench, you can do glute-ham raises (GHR) in place of sliding leg curls.

CONCENTRATION CURL

Sit on a bench with a dumbbell in one hand and brace the back of your arm against the inside of your thigh. Perform a strict curl movement and then lower the weight one half of the way back down. Curl it all the way up again and then lower fully. That's one 1½ rep.

FACE-PULL

Attach a rope handle to the top pulley of a cable station and grasp an end in each hand with palms facing each other. Pull the rope to your forehead while flaring your elbows out until your back is fully contracted.

BULGARIAN SPLIT SQUAT

Hold a dumbbell in each hand and stand lunge length in front of a bench. Rest the top of one foot on the bench behind you. Bend both knees and lower your body until your rear knee nearly touches the floor. Keep your torso upright.

To perform 1½ reps, lower your body into the bottom position and then come up halfway. Go back down and then come up to the start position. That's one 1½ rep.



SQUAT

Rest the bar across your traps, slightly lower than the base of your neck. This ensures the bar won't rest on your vertebrae. Squat low until your thighs are at least parallel to the floor or lower. Going a bit lower will make it easier to hit proper depth when you approach very heavy weight.

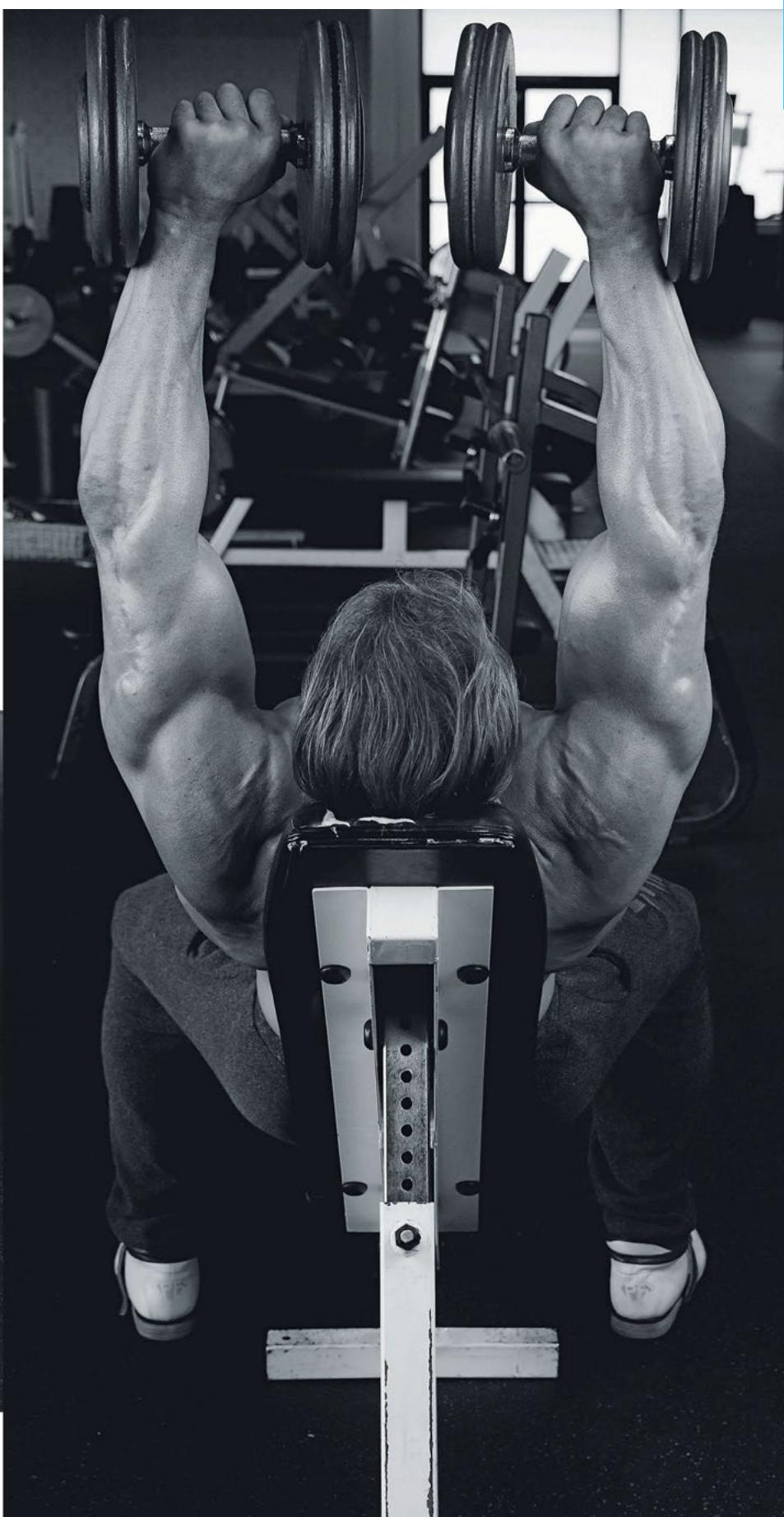
DAY II

CHEST, BACK, SHOULDERS, TRICEPS

EXERCISE	SETS	REPS
Alternating Incline Dumbbell Press	3	12-15 (each side)
Bench Press*	As many as needed	1-10
ALTERNATE WITH		
Chest-supported Row	4	8-12
Lateral Raise	3	10-12
Incline Trice Press	3	15

INCLINE TATE PRESS ▶

Set a bench to an incline and lie back with a pair of dumbbells locked out overhead. Flare your elbows out and lower the weights in toward your chest.

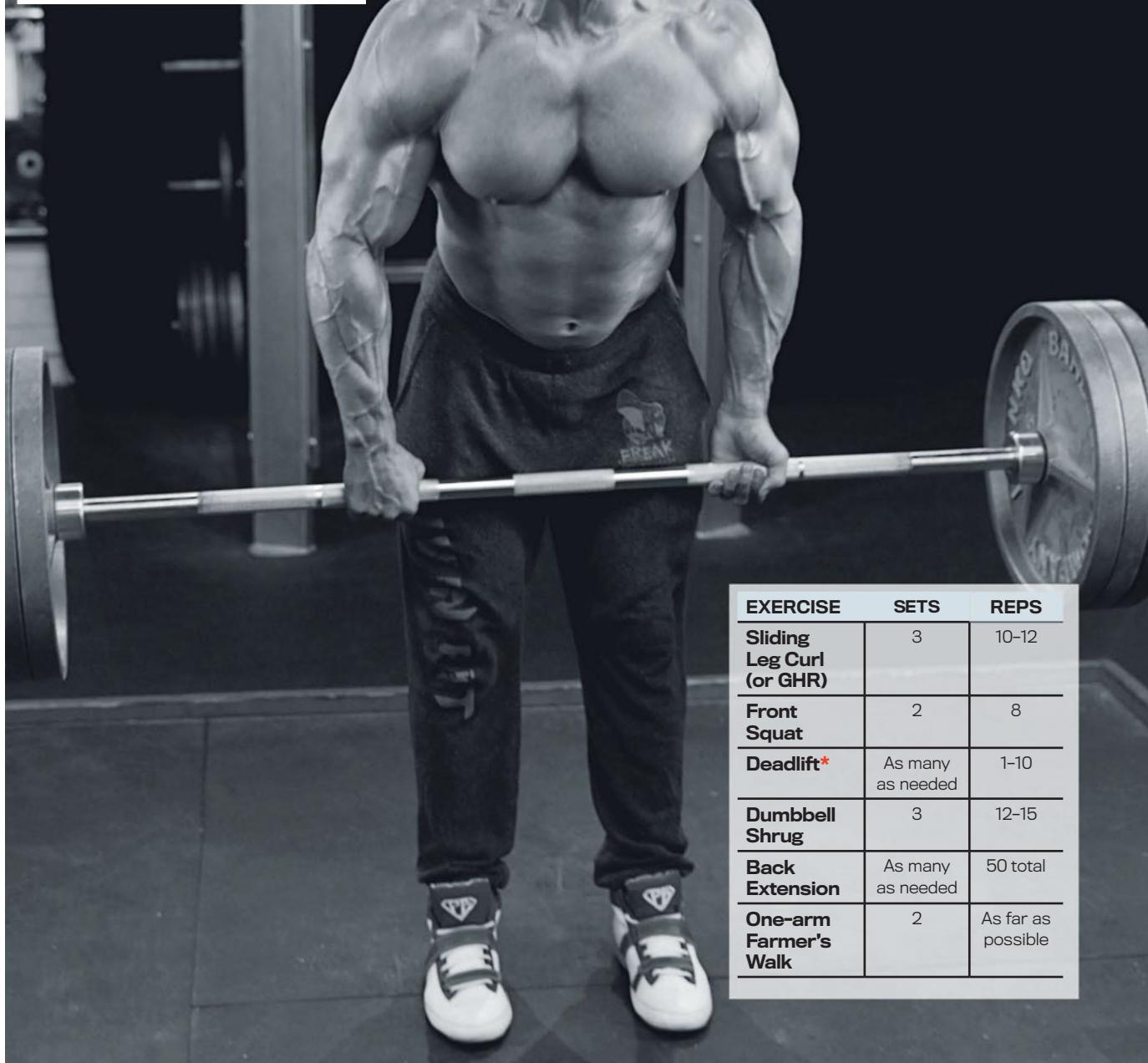


DAY III

LEGS, TRAPS, CORE

DEADLIFT ▶

Keep your back flat and drive through your heels. For the key-stone variation, hold the bar at arm's length at your thighs. Push your hips back and lower your torso until the bar reaches the top of your knees. It is similar to a Romanian deadlift, only with a shorter range of motion. (It's also easier on the lower back.)



EXERCISE	SETS	REPS
Sliding Leg Curl (or GHR)	3	10-12
Front Squat	2	8
Deadlift*	As many as needed	1-10
Dumbbell Shrug	3	12-15
Back Extension	As many as needed	50 total
One-arm Farmer's Walk	2	As far as possible

DAY IV

CHEST, SHOULDERS, BACK, ARMS

EXERCISE	SETS	REPS
Seated Dumbbell Overhead Press	3	10-12
ALTERNATE WITH		
Pullup	3	As many as possible
Cable Flye	3	15
ALTERNATE WITH		
One-arm Dumbbell Row	3	10-12
Face-pull	3	15-20
Incline Curl	4	8 1/2 reps
Band Pushdown	As many as possible	100 total

ONE-ARM FARMER'S WALK

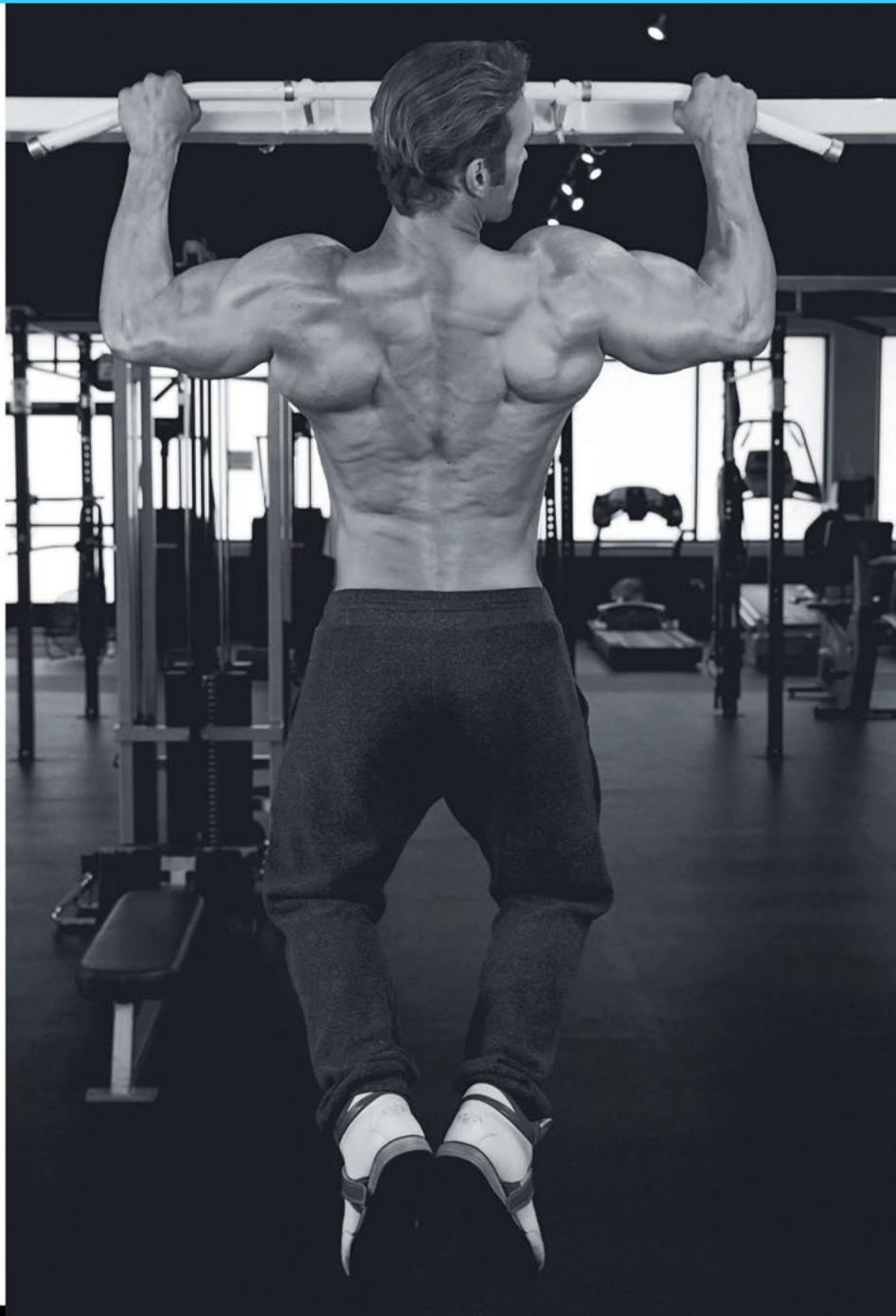
Hold a heavy dumbbell in one hand and walk as far as you can while keeping your torso upright and straight. Alternate sides each set.

BAND PUSHDOWN

Attach a band to the top of a power rack or other sturdy surface and grab an end in each hand. Perform pushdowns as you would at a cable station, but do as many sets as needed to reach 100 total reps, resting along the way.

PULLUP ▶

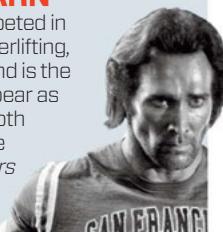
Grab the bar with a wide grip. Keep your back flat and initiate the pull by retracting your shoulder blades. Initiate each rep from a dead hang; don't use momentum to get up. **M&F**



MIKE O'HEARN

O'Hearn has competed in bodybuilding, powerlifting, and martial arts and is the only athlete to appear as a competitor on both incarnations of the *American Gladiators* TV show.

mikeohearn.com



CJ MURPHY

"Murph" is a competitive strongman and powerlifter and the owner of Total Performance Sports in Everett, Massachusetts. totalperformancesports.com



JOE DEFRAZCO

DeFranco has trained several NFL players, including Brian Cushing of the Texans and former New York Giant David Diehl. He is also the creator of DeFranco's Gym at the Onnit Academy in Austin, Texas. defrancostraining.com



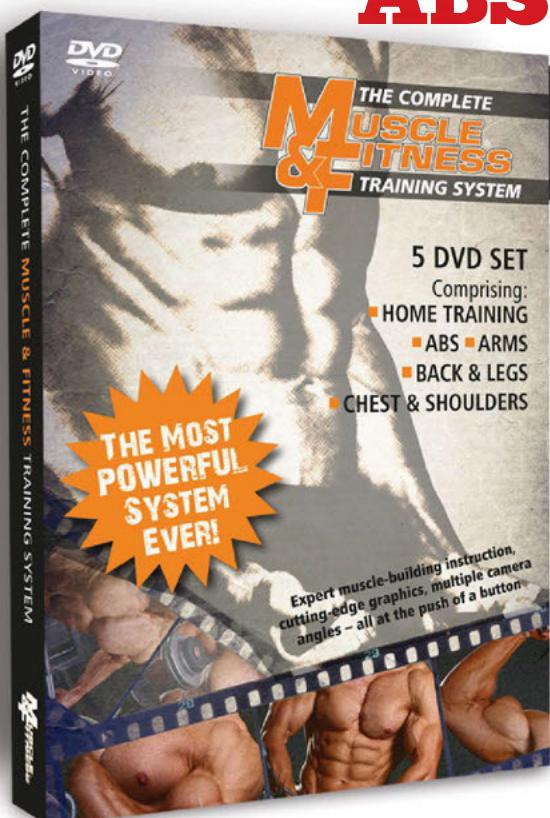
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■ Vigorous exercise may improve mental health by helping the brain cope better with stress. According to the Anxiety and Depression Association of America, those who got regular vigorous exercise were 25% less likely to develop depression or an anxiety disorder.



M&F Hers

Jan 2016

Pulse

ALL THE LATEST ON:
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AND MORE





• **VERY FEW CORE WORKOUTS** are complete without adding at least one or two plank variations into the routine. If you're like most exercisers, you've already done your fair share of this foundational movement. "Planks offer a safe, challenging, and effective way to train both the core and many other muscles, including the shoulders, pectorals, biceps, triceps, glutes, quads, hamstrings, and more!" says Jennifer DeCurtins, a personal trainer, CrossFit coach, and yoga teacher based in Charlotte, North Carolina.

To make the plank even better, add in movement, balancing elements, and weights. "In my mind, a plank is anything that includes a straight line from your shoulders to

your knees," says DeCurtins, who put together 101 of her favourite variations of the move in her new book, *Ultimate Plank Fitness*. "Beyond that, you can think out of the box, since anytime you are holding a front, side, or reverse position you are working the core."

We borrowed our favourite moves from DeCurtins to create a *Hers* 30-Day Plank Challenge. Do a different plank each day for the next month and you'll not only notice a difference in how you move but also amplify the rest of your routine—and never be at a loss for a full-body workout again!



ICON: ANDREY VASILIEV

30-Day PLANK CHALLENGE

Build strength, reduce muscle imbalances, improve function, and sculpt a sexy six-pack in one month by adding a different plank to your routine each day

PHOTOGRAPHS BY PER BERNAL



DAY 1 | Full Plank

Get into a full pushup position, palms on floor directly under shoulders and legs extended, forming a straight line from head to heels. Hold for 1 minute.



DAY 2 | Twisted Knee to Chest

From full plank position, lift left foot, drawing left knee toward right triceps. Return to start and repeat, this time drawing right knee toward left triceps. Continue for 1 minute.



DAY 3 | Side Plank

Lie on left side, hips stacked. Place left hand on floor under left shoulder. Lift hips, forming straight line from head to heels. Extend right arm above shoulder. Hold 30–60 seconds; switch sides.

**DAY 4 | Forearm Plank**

› Lie facedown on floor, legs extended. Place forearms on floor, with elbows directly under shoulders. Lift hips, forming a straight line from head to heels. Hold for 1 minute.

**DAY 5 | Balancing Plank**

› Begin in full plank position. Lift right arm forward to shoulder height; at the same time, lift left leg to hip height, keeping hips square to floor. Hold 30 seconds; switch sides and repeat.

**DAY 6 | One-arm Full Plank**

› Begin in full plank position. Shift weight slightly to right side and place left hand behind back. Press firmly through right hand, keeping hips and shoulders square to floor. Hold 30 seconds; switch sides.

FUNCTION FOLLOWS FORM

Maintaining proper form is especially key when holding any plank position.

"When you are no longer able to maintain a perfect plank, modify the move or take a break," says DeCurtins. Keep the following advice in mind throughout your 30-Day Plank Challenge:

- Keep your core tight while firing through your quads and chest to make the hold easier.
- Hands or elbows should be under shoulders in full or forearm planks with hips square to the floor.
- For side planks, keep hips and legs stacked and palm or elbow under shoulder.

**DAY 7 | Hip Dip**

› Lie on right side, hips and legs stacked. Place right forearm on floor perpendicular to body, right elbow under shoulder. Lift hips, forming straight line from head to heels as you raise left arm above shoulder (**A**). Dip hips down, touching hips briefly to floor; at the same time, bring left hand in front of body (**B**). Lift hips and left arm back to start and repeat. Continue for 30 seconds; switch sides and repeat.

**DAY 8 | Plank-up**

› Get into a full plank. Bring right elbow to floor under shoulder, then left elbow to floor (so you're now in a forearm plank). Then straighten right arm followed by left to return to full plank. Repeat for 30 seconds, then switch the lead arm.

**DAY 9 | Donkey Kick**

› Begin on all fours. Lift left foot, bending left knee 90 degrees at hip height, foot flexed so heel faces ceiling. Press foot up a few inches, then lower back until knees are aligned. Continue for 30 seconds; switch sides and repeat.

**DAY 10 | Tree Plank**

› Lie on left side, hips and legs stacked. Place left hand on floor below left shoulder. Lift body off floor, forming straight line from head to heels. Place sole of right foot on left thigh or shin. Hold 30–60 seconds; switch sides.

**DAY 11 | Plank Jack**

› Begin in full plank, hands on floor under shoulders. Bring feet together to touch, then jump feet out to sides, as if doing a jumping jack with your lower body. Jump feet back together, keeping upper body as still as possible. Continue for 1 minute.

**DAY 12 | Star Side Plank**

› Lie on right side, hips and legs stacked. Place right hand on floor below shoulder and lift hips. Bend left knee. Hold position (as shown) or straighten leg, grasping toes. Hold 30-60 seconds; switch sides.

**DAY 13 | Dolphin Plank Pushup**

› Begin in forearm plank. Walk feet as close to elbows as possible, lifting hips toward ceiling. This is your start. Lower chest and head in front of hands, then lift hips back to start. Repeat for 1 minute.

**DAY 14 | Reverse Plank**

› Sit with legs extended in front of you, palms on floor under shoulders, fingers facing body. Pressing into palms and feet, lift hips, forming a straight line from shoulders to feet. Hold for 1 minute.

**DAY 15 | Rolling Side Plank**

› Lie on right side, hips and legs stacked, right forearm on floor. Place left hand behind head, elbow out to side. Lift hips off floor. Slowly lower left elbow toward right hand. Return to start and repeat for 30 seconds; switch sides.

**DAY 16 | Full Plank on Ball**

› Begin in a full plank but this time place both hands on either side of a stability ball, forming a straight line from head to heels. Keep abs tight while squeezing through your chest and quads. Hold for 1 minute.

**DAY 17 | Med Ball Leg Lift**

› Begin in full plank, this time placing palms on either side of a medicine ball. Keeping body straight and hips square to floor, lift left leg to hip height, squeezing through chest and abs. Hold for 30 seconds; switch legs and repeat.

**DAY 18 | Stir the Pot**

› Get into a forearm plank on top of a stability ball, elbows on ball directly under shoulders. Perform a small stirring motion with your elbows, moving in small circles clockwise for 30 seconds, then counterclockwise for 30 seconds.



DAY 19 | Bosu Plank

Get into a full plank position, holding handles of a Bosu with the ball side on the floor. Keep hands under shoulders and maintain a straight body position from head to heels. Hold 1 minute.



DAY 20 | Knee Tuck

› Begin in a full plank, legs extended with shins atop stability ball. Draw knees into chest, contracting abs; straighten legs back to start. Repeat for 1 minute.



DAY 21 | Rolling Med Ball Plank

› Begin in full plank, feet hip distance or slightly wider apart. Place left hand on a medicine ball, keeping right hand on floor. Pass ball from left hand to right, then back to left. Continue for 1 minute.



DAY 22 | Dumbbell Punch

› Begin in full plank position, hands on floor under shoulders, holding light to medium dumbbells. Keep feet wider than hip-width apart to help maintain support. Lift dumbbell up to shoulder height with left hand, elbow out to side (A), then punch straight in front of you, knuckles facing ceiling and biceps near left ear (B). Lower and repeat for 30 seconds; then switch sides and repeat with opposite arm for 30 seconds.

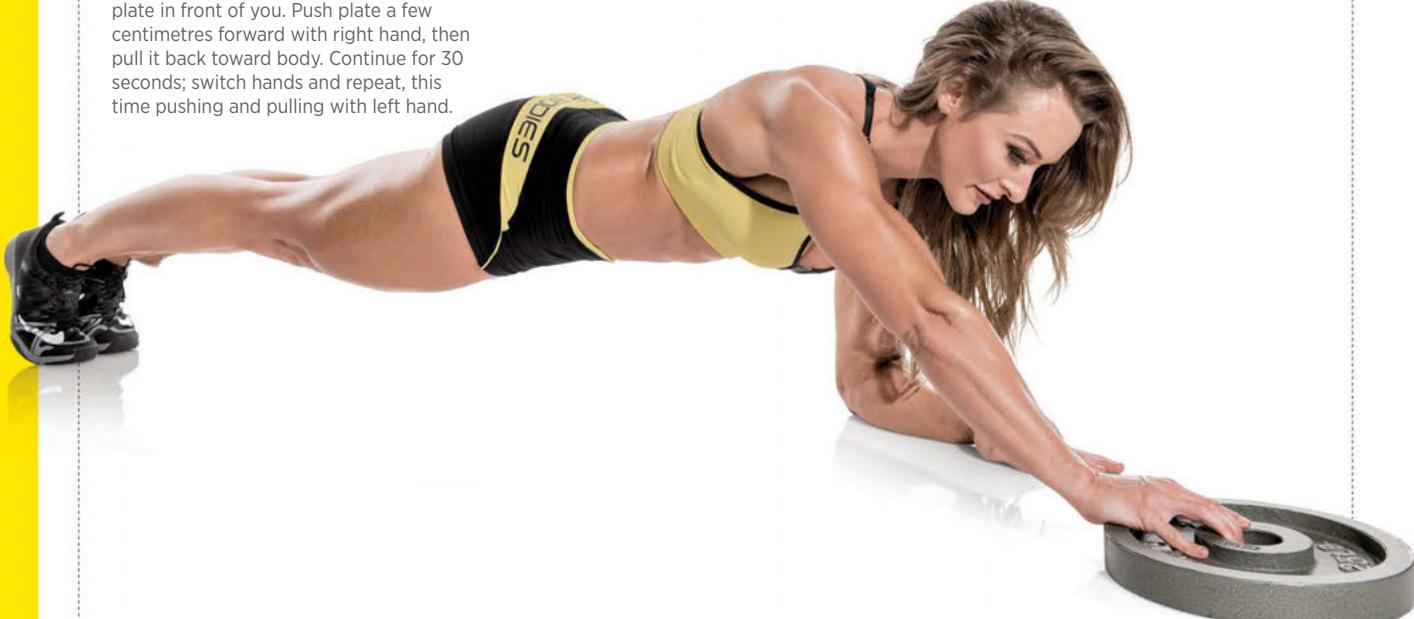


DAY 23 | Triceps Row/Kickback

› Begin in full plank, hands on floor under shoulders holding light to medium dumbbells. Row left elbow toward ribs, then straighten arm behind you. Bend elbow and lower weight to floor. Continue for 30 seconds; switch sides and repeat.

DAY 24 | Plank Push and Pull

› Begin in forearm plank with a weight plate in front of you. Push plate a few centimetres forward with right hand, then pull it back toward body. Continue for 30 seconds; switch hands and repeat, this time pushing and pulling with left hand.





DAY 25 | Mountain Climber Pushup

› Begin in full plank. Draw right knee to right elbow while lowering into pushup. Press up and lower right leg to plank. Repeat on left side; continue for 1 minute.



DAY 26 | Frog Jump

Begin in full plank. Bend knees slightly and jump feet to the outside of your hands, coming into a deep squat. Jump back to full plank position, landing with elbows slightly bent. Repeat for 1 minute.



DAY 27 | Forearm Hip Abduction/Adduction

› Begin in forearm plank with balls of feet on gliding discs. Slide feet out to wider than shoulder distance, then back toward each other. Continue for 1 minute.

PERSONALIZE YOUR CHALLENGE

We suggest doing the planks in this series for one minute, but you can make it shorter or longer depending on your fitness level and experience. Here's how else you can modify:

To make it easier

- Do full or forearm planks on knees.
- For front planks, keep feet wider apart.
- For side planks, stagger legs or keep one knee down.
- Add support by placing stability ball against a wall or by using the platform side down on a Bosu.

To make it harder

- Use the least stable surface during balancing moves (like the ball side down on a Bosu).
- Lengthen the amount of time for each plank or add more reps.

A

B


DAY 28 | Gliding Disc Slide-through

› Sit on floor with legs extended, heels on the centre of two gliding discs. Place hands on floor next to body, directly under shoulders, fingers facing butt. Press into palms and feet to lift hips, forming a straight line from shoulders to feet (A). Dip hips down and pull your butt back between your hands (B). Then lift hips while pressing into palms to extend legs forward while lifting hips. Repeat for 1 minute.



DAY 29 | Bosu and Ball Plank

› Get into full plank holding the edges of a Bosu with ball side down and shins on top of a stability ball. Keep wrists under shoulders and abs tight. (To make it easier, bring stability ball closer to knees and thighs.) Hold for 1 minute.



DAY 30 | Med Ball and Bosu

› Get into full plank, with hands on either side of a medicine ball and toes at the centre of a Bosu (ball side down to make it harder, ball side up to make it easier). Hold for 1 minute.

OUR MODEL

Melissa Le Man
WBFF Fitness Pro

Hometown: Queensland, Australia

Occupation: Fitness model; co-founder, Greater Health

Instagram: @melissa_leman

"I BELIEVE THAT BEING HEALTHY AND FIT BUILDS CONFIDENCE—WHEN YOU ACHIEVE YOUR GOALS, YOU FEEL GOOD ABOUT YOURSELF."



SUPPS

THE LATEST IN SUPPLEMENT AND PRODUCT NEWS

Under the Microscope:

Taking a purely scientific look at the best products in the world of sports supplements **BY TIM N. ZIEGENFUSS, PHD, FISSN**

NITRIC IGNITION

NITRIC IGNITION is a caffeine-free workout support formula that contains beta alanine, creatine monohydrate, citrulline, arginine, along with a few of other ingredients that may assist in improving performance, enhancing workout intensity, and increasing muscle growth (i.e., aspartic acid, histidine, etc.).

► **BETA ALANINE** is a widely popular amino acid that reduces muscle fatigue during intense exercise. When beta alanine is ingested, it combines with another amino acid called histidine to form a potent compound called carnosine. In exercising muscle, carnosine acts as a potent buffer of hydrogen ions that are generated from lactic acid (lactate) production. This is relevant to body builders during sets that last longer than about 60 seconds or when training with short rest periods where lactate (lactic acid) accumulation can reduce the total number of repetitions completed. In theory, beta alanine may also be

useful during very low carb diets to offset changes in pH due to ketone production. For best results, beta alanine must be consumed continuously for at least four weeks.

► **CREATINE** absolutely revolutionized the sports nutrition industry in the early 1990s. Until that time, very few supplements delivered on their marketing promises. In stark contrast, when taken at proper doses (3-5 grams per day for at least 30 days) and when combined with intense training, creatine supplementation will almost certainly increase your strength, muscle mass, and lower fatigue during many types of exercise. In a world of dubious products and claims, this is one time when what sounds "too good to be true" actually isn't.

Creatine has been the subject of hundreds of research studies in humans since 1992. In general, men and women who ingest 3-5 grams of creatine per day for 6-8 weeks gain an average of 2.8-3.2 kg of lean mass, which corresponds to a 20-40% increase in the creatine content held in muscle. Although the initial gains in body weight during the first few days of supplementation appear to be due

to some water retention, this effect is actually an important effect that triggers long-term muscular growth by a variety of mechanisms: 1) increases in muscle fiber protein content, an effect which results in a doubling of muscle fiber size compared to resistance training without creatine supplementation; 2) increases in several myogenic regulatory factors (i.e. proteins that activate gene expression in muscle); 3) increases the number of "satellite cells" (i.e. immature or baby muscle fibers that can eventually mature into muscle cells); and 4) increases in intramuscular IGF-1 content (a potent growth factor in muscle). More recent data also demonstrate that creatine supplementation can enhance glycogen storage in muscle by upregulating the production of GLUT4 (glucose transporter 4), thus providing indirect evidence that it may be of benefit to endurance athletes under certain circumstances.

In terms of improving physical performance and power output, creatine supplementation has been shown to enhance the energy capacity and production from the phosphagen energy system (which includes adenosine triphosphate [ATP]

and phosphocreatine [PCr]). In addition, creatine supplementation is also thought to buffer changes in intramuscular pH due to hydrogen ion accumulation (translation = less fatigue during intense muscle contractions). Both of these systems are used mainly during intense sprinting type efforts interspersed with short recovery periods. Thus, athletes who perform weight training exercise, or compete in football, hockey, rugby, basketball etc are likely to note benefits in their performance. As mentioned above, some endurance athletes also use creatine during glycogen loading protocols, as well as during their interval training programs.

Unless you're in the minority as a "creatine non-responder", I can think of no other legal supplement on the face of the planet that has more benefits to explosive performance, strength, and lean mass.

► **CITRULLINE** is a naturally occurring, chemical cousin of the amino acid arginine. Its name is derived from the scientific name for watermelon (*Citrullus vulgaris*), the food from which it was first isolated. During its normal metabolism in the body, citrulline is synthesized from glutamine and ornithine in the intestines, converted to arginine in the kidneys, and helps stimulate nitric oxide (NO) production in peripheral tissues. Of its many roles within the body, NO causes arterial blood vessels to dilate, thus improving blood flow to active muscles. Many body builders use citrulline to amplify their pump response to training. Experimentally, a few recent studies have shown that oral citrulline supplementation can enhance muscular performance and reduce fatigue by enhancing the resynthesis of high-energy phosphates (ATP and creatine phosphate) that are used during all-out exercise.

► **ARGININE** is a conditionally essential amino acid found in meat, seafood, nuts and soy. Due to its role in nitric oxide (NO) production and as



a potential growth hormone secretagogue, arginine has enjoyed a rich history in sports nutrition. In one study, subjects given 6 g of arginine (along with other vitamins and amino acids) improved their time to exhaustion by 20% compared to the placebo group. Other studies have reported lower levels of ammonia and lactate when various forms of arginine are consumed prior to exercise. Despite these acute benefits, the effects of long term arginine supplementation on muscle growth and the acquisition of strength are quite variable. However, since arginine can be converted to creatine, citrulline, and agmatine (a signaling molecule that enhances blood flow), it is considered to be a very versatile amino acid.

► **ASPARTIC ACID (AA)** is one form of the naturally occurring, non-essential amino acid Aspartate

(i.e. the other is the L-form). AA functions as an excitatory neurotransmitter than appears to control the rate-limiting step of testosterone synthesis. In one Italian study, oral supplementation with 3 g of sodium AA was reported to increase testosterone production by 30-60% during the first 1-2 weeks of use in men with low testosterone levels. In a more recent follow-up study in healthy men with normal testosterone levels, no such increase was noted, although the form of AA used was not specified. AA can also be converted to NMDA (N-methyl-D-Aspartate), an excitatory neurotransmitter, and may enhance cognitive health.



EXTREME NUTRITION have spent the last year reformulating their range, with the removal of any Acesulfame and Aspartame from their products. They have now switched everything to Stevia as a sweetener, with a little Sucralose in some too.

As well as removing unpopular sweeteners, they have had their full range of products certified as Halal

EXTREME NUTRITION

and Kosher approved, as well as it being safe for Vegetarians too.

The most noticeable changes have been to their packaging, giving their range a completely new look. The new containers have a tamper evidence "tear off" strip in the lids for added consumer piece of mind, which looks pretty good too.

Now that they have switched to their new packaging, they have released their popular Blueberry Cheesecake flavour across all their powdered shakes.

During their formula revisions, CEO Douglas Black said, "All the protein content in our **Extreme Whey** still comes purely from Whey. We haven't added pea, soya or milk powder like many companies have. Our Whey doesn't even have any

gum or thickeners added, so it is really easy to digest. We don't think a Whey shake should fill you up. After all, it's a supplement and not a meal replacement."

They have also improved the formula of their **Extreme Mass** product. This is now just under 40% protein, which is high for any gainer and more into MRP territory. Douglas said, "Many mass gainers are made from a cheap protein source, cheap carbs and low in protein. We didn't want to go down that route. We have always preferred multiple protein and carb sources in our products. There are three of each in **Extreme Mass**, along with 5g of creatine per serving too."

Check out their new range at www.extremenutrition.co.uk.

GYMSTARS UK IS A NEW BUSINESS SELLING THE HIGHEST QUALITY BESPOKE GYM APPAREL.

A SMALL BUT RAPIDLY GROWING BUSINESS, we're sure you will love the style and quality of their gym apparel.

Gymstars is owned by 26-year-old gym and fitness fanatic, Nathan Perry Warnes, who has a passion for the health and fitness industry and lifestyle. For several years he has "been looking for exiting business ventures within the industry and this new venture really is giving me a buzz! I will be putting my all into it to make it a success. I have previously worked in the industry as a personal trainer both at Fitness First in my home city of Norwich and abroad in what I

class my second home of Australia. It was something I really enjoyed. "It was very satisfying and fulfilling seeing clients making improvements and achieving personal goals.

I look forward to the future for **Gymstars** and hopefully seeing the company grow, I would love to be in a position in time to come to employ local people, to give them long term work prospects. I look forward to your custom and I am sure you are going to love our range of gym apparel."



CATCH ME IF YOU CAN!

EFFECTIV NUTRITION have a launched a very limited edition Gingerbread flavor just for Christmas in their best selling **EFFECTIV WHEY**, an advanced protein complex consisting of primarily highly bioavailable whey and milk proteins. Each serving provides the essential building blocks, amino acids, and protein to help support the growth and maintenance of lean muscle.

A portion of profits from every sale will be going to the Donna Louise Trust, an inspirational charity that attends to end of life care for children. The Donna Louise Children's Hospice



Trust was registered as a charity in 1999. Its goal is to achieve the best quality of life available to the child or young person by relieving suffering and controlling pain and symptoms.

The Charity takes its name from a young local girl, Donna Louise Hackney, who sadly died from a life threatening condition at the age of 16.

The product will only be on sale until December 25th and can be either purchased through retailers nationwide or you can go directly to efectivnutrition.com and use the code GINGY to get free shipping and receive a free shaker. Please help this



great charity and a child at Christmas by purchasing a tub of this great tasting protein for yourself or a friend.

For more information on the charity visit www.donnalouisetrust.org and for more information on EFFECTIV visit efectivnutrition.com.

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Glutamine (4g per serving) is the most abundant amino acid found in skeletal muscle. Glutamine gets depleted during times of intense exercise and becomes conditionally essential. High levels of Glutamine are vital for muscle health and recovery.

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HO'WHEY has the taste and texture of a milkshake, ensuring an enjoyable and flavoursome experience without compromising the nutritional integrity. **HO'WHEY** helps to build and maintain healthy and strong muscles. It also aids fast and complete recovery after exercise.

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Available in 5 incredible flavours: Chocolate, Mint Chocolate, Vanilla, Strawberry & Banana.

For more information, visit www.muscluemagpie.com (retail) and www.ctrsolutionsltd.co.uk (trade)





What I Owe to Bodybuilding

Building my law office required just as many lessons in the gym as it did in school.

BY RICK COLLINS, J.D., C.S.C.S.

THE TROPHIES I WON in local bodybuilding competitions don't do much except collect dust these days. Like my law-school diploma, they are mementos from a distant past, now fit mostly to sit on the mantelpiece of memory. It's not the trophies that have driven my professional life and career, but the investment that went into winning them.

Bodybuilding made me a better lawyer and a more successful businessman. The lessons of hardcore training have spilled over into

everything I've done. I owe the bulk of the rewards of my legal career to bodybuilding, and I dedicated back to bodybuilding the bulk of my legal career, defending and serving the bodybuilding community.

Whatever your line of work or career path, you've got an advantage over all the others who never struggled through a dropset or a forced rep that seemed to never end or felt the sweet, rubbery weakness of descending stairs after leg day. That's because bodybuilding is about

forsaking temporary fixes to achieve a greater goal. Somewhere toward the end of a heavy set, you'll want to drop the dumbbells or throw the bar back on the rack. But you won't. You know that today's pain and tomorrow's muscle soreness won't pay dividends until months or years from now. But you'll dig deep and keep going.

In a society where instant gratification is the norm, the discipline that comes from being a bodybuilder is the rarest commodity. I invested this same dedication and sacrifice into building a law practice. I've got no regrets, and neither will you. The tools forged from hard training will serve you always. Flex them well wherever your path takes you.



RICK COLLINS is the lawyer whom members of the bodybuilding community and nutritional-supplement industry turn to when they need legal help or representation. rickcollins.com



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A SHAME FOR A
MAN TO GROW
OLD WITHOUT
SEEING THE
BEAUTY AND
STRENGTH OF
WHICH HIS BODY
IS CAPABLE.”**

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CLAIM YOUR FREE

WORLD CLASS WELCOME PACK

WORTH £82.92

PROTEIN DYNAMIX™ WELCOMES YOU TO 'BEST IN CLASS'

IN ORDER TO SHOW YOU HOW MUCH WE VALUE OUR NEW CUSTOMERS, WE ARE OFFERING A FREE WELCOME PACK THAT WILL BE DELIVERED FREE OF CHARGE ONCE YOU PLACE YOUR FIRST ORDER WITH PROTEIN DYNAMIX™



WHAT'S INSIDE

250g WHEY PROTEIN CONCENTRATE
New York Cheesecake Flavour

250g WHEY PROTEIN CONCENTRATE
Chocolate Brownie Flavour

250g CREATINE MONOHYDRATE

DYNABART™
The UK's Best Tasting Protein Bar

DYNAPRO™ ANYTIME
Vanilla Ice-Cream Flavour

The UK's Highest Protein Blend

DYNAMO™

Blueberry Fuse Flavour
The UK's Most Extreme Pre Workout

200g DYNAPRO™ MOUSSE
Strawberry Milkshake Flavour

WATER BOTTLE

SILVER SHAKER BOTTLE

£10 DYNAPRO™ ANYTIME VOUCHER

£10 DYNAMO™ VOUCHER

£10 DYNABAR™ VOUCHER

2 X £10 WEBSITE VOUCHER

WORTH £82.92



HOME OF 'BEST IN CLASS' SPORTS NUTRITION

HOW TO CLAIM YOUR FREE GIFTS

NEW CUSTOMERS ONLY. LIMITED PACKS AVAILABLE
TERMS AND CONDITIONS APPLY. MINIMUM SPEND £30

WWW.PROTEINDYNAMIX.COM/WELCOME

Extreme Whey is ALL WHEY! No soya, no pea, no glutamine peptides, no milk protein and no gum. All the protein is from whey!



IOC TESTING SAFE

ASPARTAME FREE

**NO GUM OR
FILLERS**

**HALAL AND
VEGETARIAN
FRIENDLY**

**FIVE GREAT
FLAVOURS**

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NUTRITION**™

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BODYBUILDING.COM™